

2019 CREDIT UNION CHERRY BLOSSOM

OFFICIAL MEDIA GUIDE



Photo: Bob Burgess

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Welcome Letters



We are thrilled to be in our **18th year** of title sponsorship of the Credit Union Cherry Blossom Ten Mile Run! This is an amazing running event and credit unions nationwide have enthusiastically united to be a part of it.

The impact of our long-standing partnership is remarkable. Since becoming the title sponsors in 2002, we have donated nearly **\$9 million to Children's Miracle Network Hospitals**, locally and across the country, which treat 10 million children annually. This amount includes generous donations from runners and credit union members, employees, volunteers and business partners.

While our philanthropic achievements are notable, what's really impressive is that credit unions help consumers reach their financial dreams faster. They have the scale, services and cutting edge products needed for consumers and their families to succeed. By returning earnings back to their customers through higher rates on savings accounts and lower rates on loans, credit unions not only save their members an average of \$184 a year, they are also the best financial partners for life.

Credit Unions are family, and that's obvious when you see the hundreds of credit union employees who volunteer on race weekend at packet pickup, water stops, corrals, and other stations and to the more than 8,000 credit union members running this year's race.

We are honored to be a part of the "Runner's Rite of Spring"!

Thank you for your support and on with the Race and Celebration of our 18th Anniversary!

Theresa Mann
Chair of Credit Union Miracle Day
President/CEO of The Partnership FCU

John Bratsakis
Chair of CUMD Race Committee
President/CEO of MD|DC Credit Union Association

Welcome Letters



On behalf of myself, Deputy Director Becky Lambros, the organizing committee and our 2,000 volunteers, we would like to welcome everyone to the 47th running of the Credit Union Cherry Blossom Ten Mile Run and 5K Run-Walk. We call our event “The Runner’s Rite of Spring” because we feel it represents the reawakening of our Nation’s Capital to the coming of spring and the blooming of the legendary cherry trees which surround our beautiful course. Whether you are a runner, a spectator or a member of the media covering the event, we hope you will take a few moments to savor the trees, the spring air and the splendor of the city.

Of course, we could not stage this event without the generous support of our sponsors, headlined by Credit Union Miracle Day, a collective of credit unions and businesses serving the credit union industry which has served as the title sponsor since 2002.

We take great pride that the event has served another cause as well — helping sick children receive medical care through the Children’s Miracle Network Hospitals. Since the Credit Unions became the title sponsor, the event has raised nearly \$9 million dollars for the Children’s Miracle Network Hospitals.

We would be unable to conduct this event without the full cooperation of the National Park Service and the United States Park Police. We thank both organizations for the opportunity to stage the event on our Nation’s front doorstep.

Sincerely,

Phil Stewart
Event Director

Race Day Media Information

Keith Peters is the Media Coordinator for the 2019 Credit Union Cherry Blossom 10 Mile Run and 5K Run-Walk. For race-day media credentials and/or space on media trucks—there will be separate trucks leading the men’s and women’s races—please **contact Keith at kpeters@CherryBlossom.org (cell: 307-690-6803)**. Space on these trucks is extremely limited, so call Keith to ensure seating. TV crews should also call in advance to secure parking for trucks on race morning.

There will be limited space at the finish for photographers. Please be respectful of race officials and volunteers as they try to keep the area clear and safe for all involved.

Ronda Polhamus is the media contact for all credit union race-related activities, including the Kids’ Run. Please contact Ronda at rpolhamus@mdccua.org or 443-325-0778 for more information about the credit union title sponsorship benefitting Children’s Miracle Network Hospitals across the United States.

One final note: The event’s website features a comprehensive results database, searchable by name and/or age group for the 10-mile race dating back to 1973, and for the 5K Run-Walk dating back to 2006, when the 5K was upgraded from an untimed run to a fully-timed and scored event: <http://www.cballtimeresults.org>



Photo: Team Mallet

2018 women’s champion, Buze Diriba waves to the crowd during awards ceremony.

Interesting 2018 Race Statistics

Total dollars raised for Children’s Miracle Network in 2018	\$380,000
Cumulative dollars raised for Children’s Miracle Network since 2002	nearly \$9,000,000
Carbon Offset Contribution	\$7,451
Total number of 10 mile finishers	16,659
Total number of male finishers	6,791
Total number of female finishers	9,868
Percentage male finishers	40.76%
Percentage female finishers	59.24%
Total number of finishers in 1973 event	129
Total number of finishers since 1973	352,319
Total number of men finishers since 1973	177,431
Total number of women finishers since 1973	174,888
Total prize money earned by elite athletes	\$79,000
First place open prizes	\$10,500 for Yimer; \$18,000 for Diriba
Checks for 1st U.S. finishers (Chris Derrick, Diane Nukuri)	\$5,000
Last U.S. male champion and year	Stanley Kebenei, 2017
Total number of 5K Run-Walk finishers	2,529
Percentage of 5K male finishers	28.75%
Percentage of 5K female finishers	71.25%
Number of sponsoring Credit Unions	70
Number of Bike Valet Users	225
Number of bags checked at bag check	4093
Number of bottles of Navy Federal Water	34,344
Number of states represented	50
Number of foreign countries represented	22
Number of volunteers	2,200
Number of app downloads	12315
Number of volunteers from Credit Unions	600
Average age of all competitors	37.92
Average age of female competitors	36.78
Average age of male competitors	39.69
First time entrants in 10 Mile or 5K	11,495
Entrants who have run either race previously	13,519
Youngest 10 mile finisher	11
Oldest 10 mile finisher	85
Number of Park Police Officers working the event	70

It takes 1,600 volunteers to deliver water, t-shirts, medals, medical support, etc. to our 20,000 participants.



Interesting Runner Data

Browsing the Credit Union Cherry Blossom Run's all-time searchable database (<http://www.cblltimeresults.org>) reveals a treasure trove of interesting runner data: finish line details for every runner since 1973 are available, as are annual age group results. But the Top Charts tab is, perhaps, the most interesting—revealing lists of Top Streakers (consecutive runs) and Top Finishers (most total runs/miles).

Here's a sample of the data you'll find:

Bennett Beach, 69, from Bethesda, Maryland, leads all Cherry Blossom finishers with a streak of 46 years and 460 miles run. Meanwhile, Peter Lunt, 69, from Alexandria, Virginia, has run the race 40 times between 1978 and 2018, for a total of 400 miles. All told, 10 men have run the Ten Mile 30 or more times.

Betty Blank, 66, from Falls Church, Virginia, has the most ever finishes among women with 34, and has the longest women's streak with 27 consecutive races run between 1985-2011. Lizzie Zadoff, 69, from Washington, D.C., trails Blank by just 10 miles in the top finishers category, while Marlene Cimonis, 62, from Bethesda, Maryland, has the second longest streak at 26 runs between 1981 and 2006. Three women have run the Ten Mile 30 or more times.

But membership in the Top Finishers or Top Streakers lists isn't limited to just Ten Mile runners. Dixon Hemphill, 94, from Fairfax Station, Virginia, has crossed a Credit Union Cherry Blossom finish line 30 times between 1978-2018, having run the Ten Mile 22 times and the 5K seven times for a total of 245 miles.

And here are some interesting facts that aren't so easily tallied: 1) there are 1,750 members of the 100-mile club, and they've run a total of 236,217 miles, up from 1644 100-milers and 222,072 miles run prior to last year's event, and 2) there have been 197,704 unique finishers over the years, and 352,344 total performances.

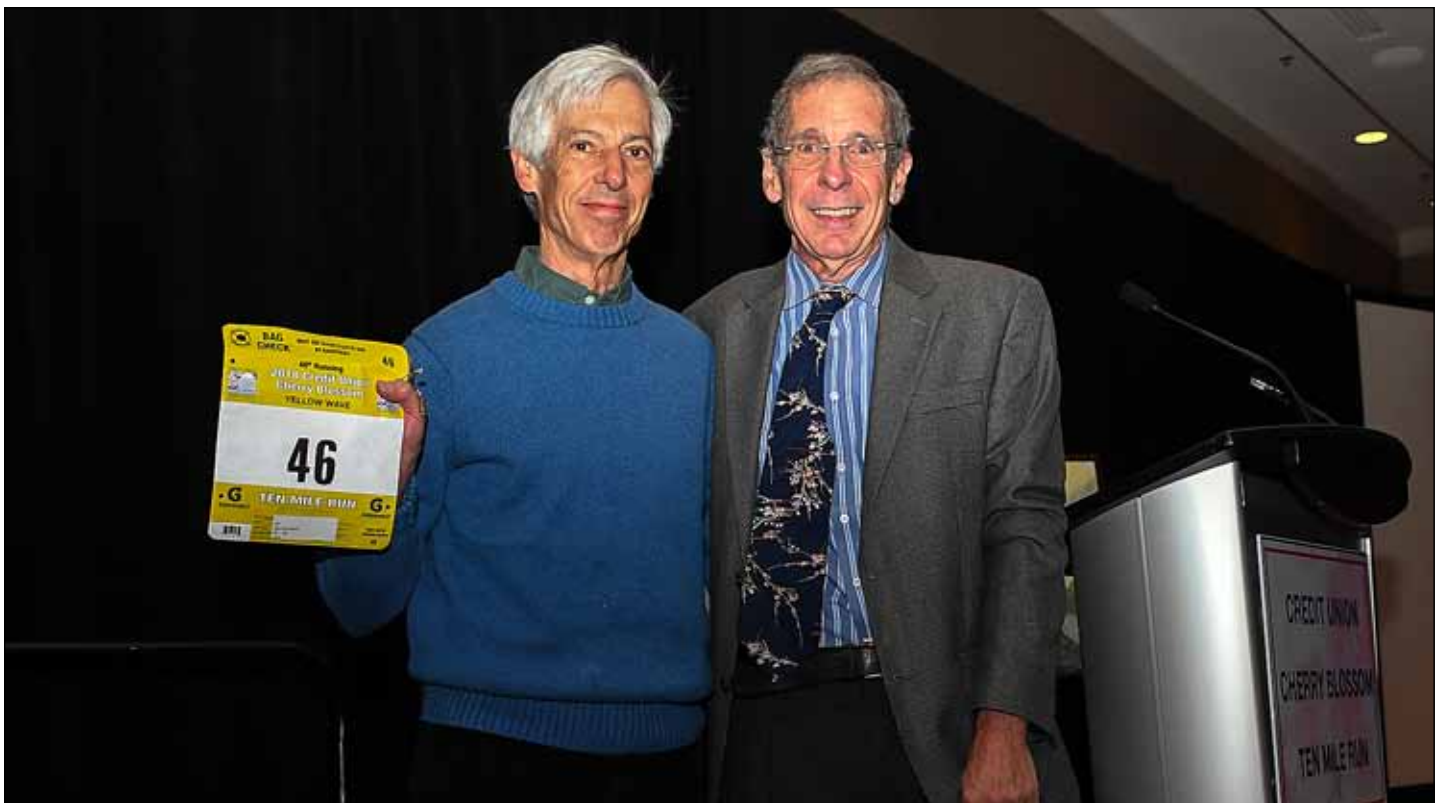


Photo: Karen Mitchell

Event Director Phil Stewart presents Ben Beach with his bib reflecting his status as the only runner to have completed 45 editions of the Cherry Blossom Ten Miler. He earned the bib number by finishing his 46th in a row on April 8, 2018.

Event Background

For runners in Washington since 1973, the true beginning of spring is marked not by a date on the calendar but by the running of the Credit Union Cherry Blossom 10 Mile Run, also known as *The Runner's Rite of Spring*.® See *The Runner's Rite of Spring*®

Elite competitors have used the race as a final competitive tune-up for the Boston Marathon two weeks later. Bill Rodgers, Greg Meyer, and Lisa Larsen Weidenbach all went on to win Boston after their victories here.

For lesser mortals, Cherry Blossom means a chance to doff the warm-up suits, turtlenecks, caps and gloves of winter and join other runners in a celebration of the season. Here in Washington, the race has become as fixed a rite of spring as the Easter Egg Roll at the White House or the lighting of the Japanese lanterns on the Tidal Basin.

The staging area for the event is on the Washington Monument Grounds, and the course passes in sight of all of the major Washington, DC Memorials. While there have been numerous iterations of the 10-mile course over the years, one element has been constant—*The Runner's Rite of Spring* has always been the only truly elite running race to be held in the Nation's Capital.

The event serves as a fundraiser for the Children's Miracle Network Hospitals, a consortium of 170 premier children's hospitals across the United States. About one-third of the funds raised support Washington, DC's own Children's National Medical Center. To date, nearly \$9 million has been raised for Children's Miracle Network Hospitals across the United States. The event also funds two \$5,000 Road Runners Club of America "Roads Scholar" grants designed to support up-and-coming U.S. distance running talent.

Credit Union Miracle Day, Inc., a consortium of credit unions and credit union suppliers in partnership with CUNA Mutual Group and PSCU, is the title sponsor of the Credit Union Cherry Blossom Ten Mile Run, 5K Run-Walk and Kids' Run. Other sponsors include Garmin, the presenting technology sponsor; and supporting sponsors E-Trade, Gatorade, Gold's Gym, Honey Stinger, Mamma Lucia, MedStar Sports Medicine, ParkMobile, Peet's Coffee, Potomac River Running, Suburban Solutions, Under Armour and UPS.

The 46th Credit Union Cherry Blossom Ten Mile was the 2017-18 championship event for the Professional Road Running Organization (PRRO) Circuit, a non-marathon prize money circuit. The circuit is committed to a drug-free sport and funds Clearidium to conduct drug testing at all circuit events in compliance with the standards of international and U.S. drug testing authorities.

Last year's event was the Road Runners Club of America (RRCA) National Ten Mile Championship, part of the 60th RRCA Anniversary being celebrated at their Annual Convention in Arlington, Virginia.

With sanctions from USA Track & Field and the Road Runners Club of America, the *Runner's Rite of Spring* is also an official activity of the nation's greatest springtime celebration—The National Cherry Blossom Festival. The 2019 Festival commemorates the 107th anniversary of the gift of the cherry blossom trees and the enduring friendship between the United States and Japan.

Finally, the Credit Union Cherry Blossom Ten Mile Run is committed to environmental and social sustainability, and has been awarded Gold Level Inspire Certification from the Council for Responsible Sport for the past three years in recognition of its legacy of certified responsible performance as well as its commitment to mentor other events interested in becoming more sustainable (www.councilforresponsiblesport.org).



Event Timetable

Friday & Saturday, April 5—6

Health & Fitness Expo – see Health and Fitness Expo and Clinics

National Building Museum

3 – 8 p.m. Friday

9 a.m. – 5 p.m. Saturday

Saturday, April 6

Credit Union Cherry Blossom Kids' Run

National Building Museum

8 – 9 a.m.

Packet pick-up and last minute registration (if space available)

8 – 9:30 a.m.

Pre-run festivities

9:30 a.m.

First wave of four year-olds starts, followed by separate waves for five through ten year-olds

Sunday, April 7

Credit Union Cherry Blossom 10 Mile and 5K Run-Walk

Washington Monument Grounds

6:45 – 7 a.m.

Gold's Gym warm-up adjacent to awards stage on Washington Monument Grounds

7:13 a.m.

Credit Union welcome remarks and Navy Ceremonial Cover Guard presentation of colors on Start/Finish line on 15th Street at Jefferson Drive

7:18 a.m.

Start of elite women's 10-mile race

7:22 a.m.

Introduction of Children's Miracle Network Champions and Credit Union Miracle Day check presentation

7:29 a.m.

Start of 10-mile race for wheelchair participants

7:30 a.m.

Start of elite men's 10-mile race and yellow wave runners

7:32 – 7:52 a.m.

Red, blue, orange, green and purple waves start at regularly scheduled intervals

8:00 a.m.

Credit Union Cherry Blossom Ten Mile Run start line closes

8:09 a.m.

Expected arrival of women's 10-mile race winner

8:15 a.m.

Expected arrival of men's 10-mile race winner

9:00 a.m.

Start of 5K Run-Walk on Independence Avenue between 15th and 17th Streets

9:17 a.m.

Expected arrival of men's 5K run-Walk winner on Independence Avenue between 15th and 17th Streets

9:19 a.m.

Expected arrival of women's 5K Run-Walk winner

10:05 a.m.

5K Run-Walk closes

10:15 a.m.

Awards ceremony begins at awards stage on Washington Monument Grounds

10:18 a.m.

10-mile course closes

8 p.m.

10-Mile and 5K Run-Walk results posted on race website (www.CherryBlossom.org)

Press Releases

Copies of pre-race releases can be found on the event website (<http://www.cherryblossom.org/aboutus/pressreleases.php>). Here's a list of releases that have been issued to date in regards to the 2019 race:

2018 Credit Union Cherry Blossom Ten Mile Champions Jemal Yimer And Buze Diriba Will Defend Titles On April 7 (April 3, 2019)

2019 Credit Union Cherry Blossom Run Clinic Speakers Include 2004 Women's Olympic Marathon Bronze Medalist, 11-time Ironman Champion and Cystic Fibrosis Survivor, and Epic Boston Marathon Runner-up (March 20, 2019)

2019 Credit Union Cherry Blossom Ten Mile Announces Special Prize Purse For RRCA Roads Scholars And RunPro Camp Alumni (March 6, 2019)

Credit Union Cherry Blossom Run On Track To Top \$9 Million Dollars Raised for Children's Miracle Network Since 2002 (February 12, 2018)

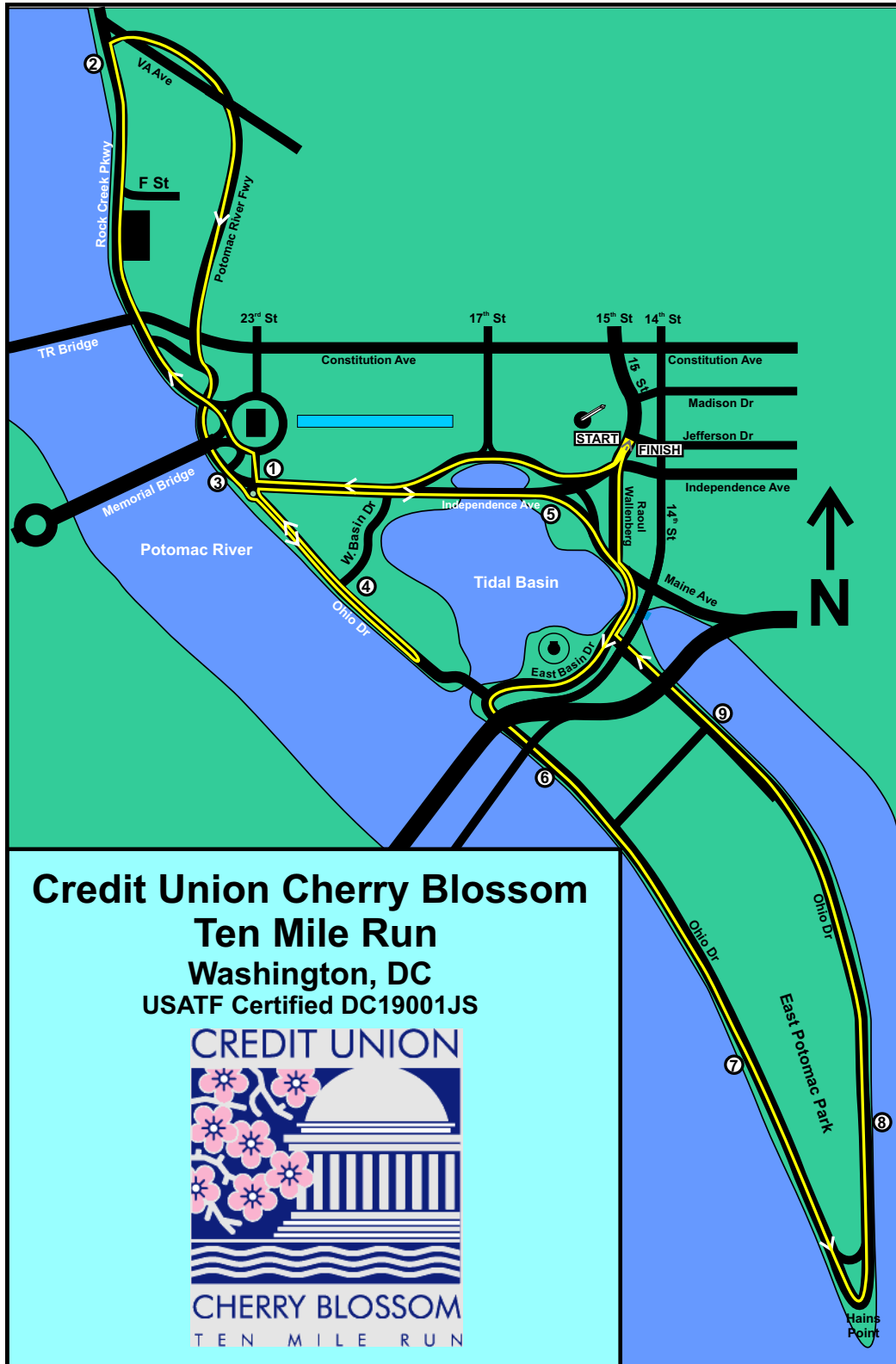
Applications For 2019 Credit Union Cherry Blossom Ten Mile Run and 5K Run-Walk Lottery To Be Accepted Between Saturday, December 1 and 11:59 P.M. Wednesday, December 12 (November 26, 2018)

Credit Union Miracle Day, Inc. Extends Sponsorship of Credit Union Cherry Blossom Ten Mile Run Through 2021 (October 25, 2018)

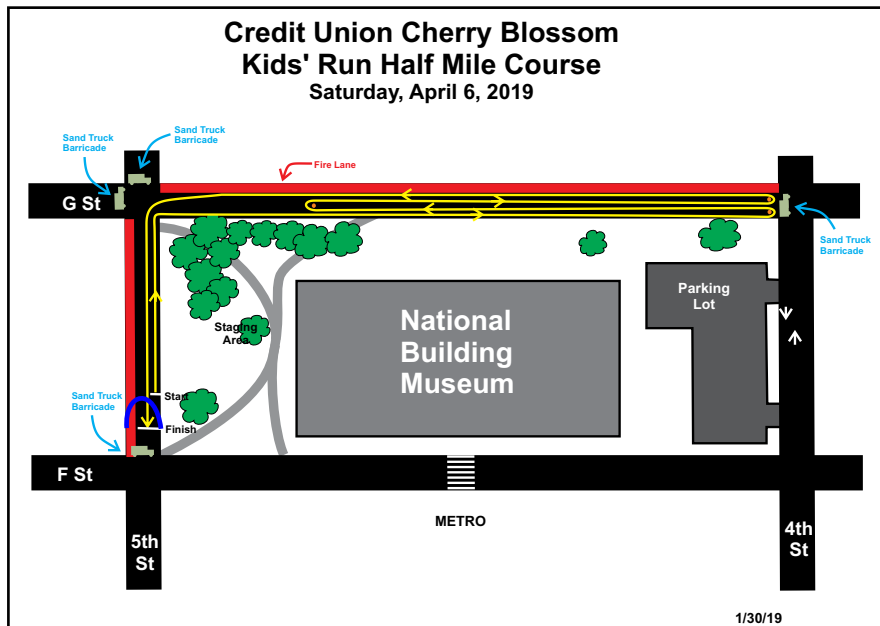
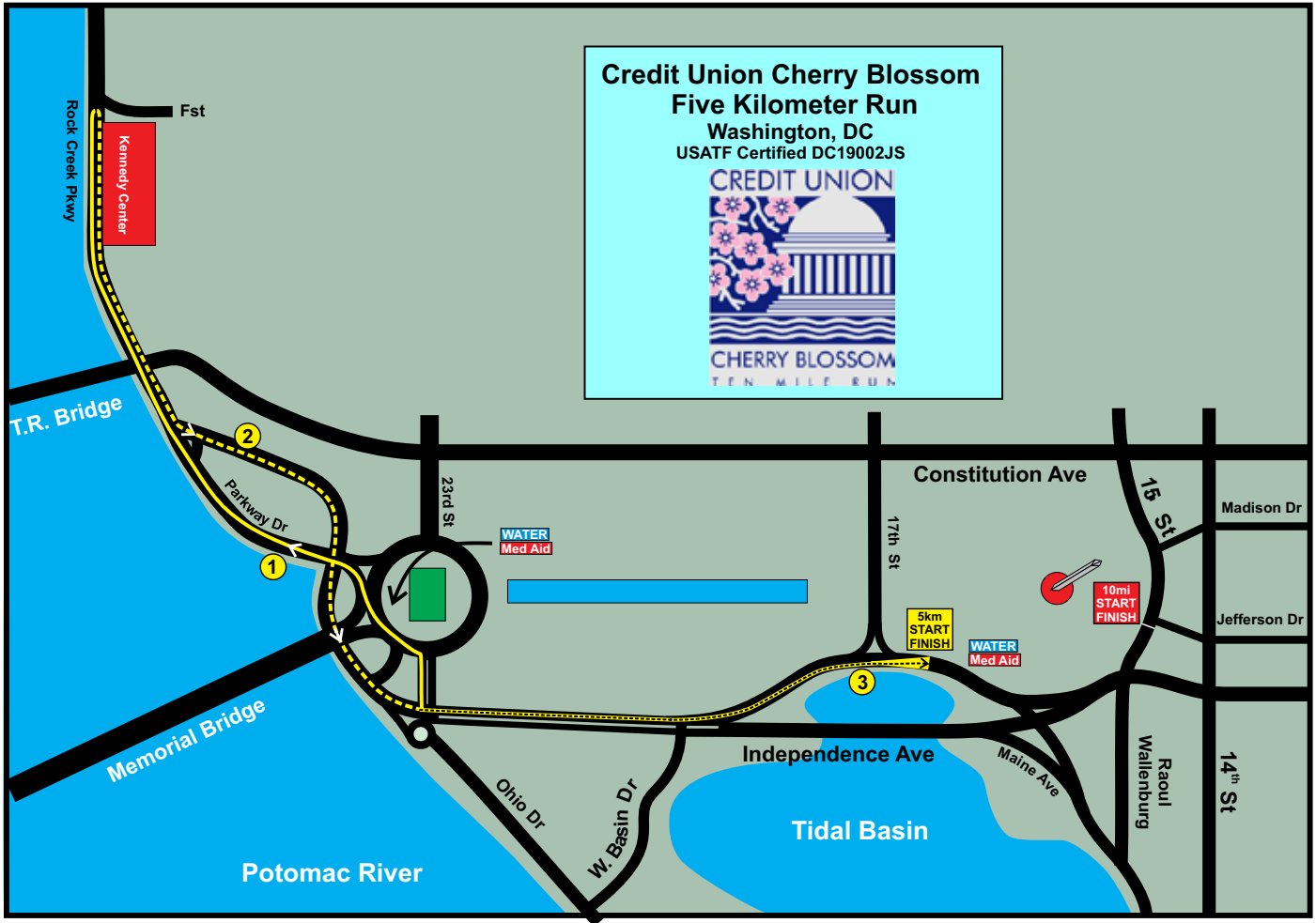


Course Maps

Due to construction on the course this year, both the 10-mile and 5K Run-Walk courses have been modified, as shown in the maps below.



Course Maps



Prize Money Structure

With the advent of Nike as title sponsor in 1984, \$13,400 in prize money was offered for the first time, paid equally to the top-seven men and women. A complete history of the evolution of prize money and record bonuses is detailed in the race history section of this guide. The total amount of prize money paid since 1984 surpassed the \$1 million mark at the conclusion of the 2017 event. See Prize Money History

A total of \$96,500 in prize money and bonuses is up for grabs at the Credit Union Cherry Blossom Ten Mile in 2019, per the following breakdown: \$40,000 in prize money, plus a possible \$3,500 in bonuses will be awarded in equal amounts to the top 10 international men and women; \$25,000 in prize money will be awarded to the top 10 U.S. men and women. There is also a \$10,000 American record bonus for the first American man to break Greg Meyer’s American record of 46:13, set here in 1983, and for the first American woman to break Janet Bawcom’s single-sex American record of 52:12, set here in 2014. In addition, race organizers have collaborated with the Road Runners Club of America to offer a total of \$6,000 to the top-three men and women who qualify as past recipients of RRCA Road Scholar Grants or are RRCA RunPro Camp alumni. Finally, the Washington Metropolitan Area Team Championship Division offers \$1,000 to the first place men’s and women’s teams drawn from DC-area Running Club Store or Running Club Teams.

<i>2019 Open Prize Money</i>		
Place	Men	Women
1st	\$8000	\$8000
2nd	\$4000	\$4000
3rd	\$2000	\$2000
4th	\$1500	\$1500
5th	\$1000	\$1000
6th	\$900	\$900
7th	\$800	\$800
8th	\$700	\$700
9th	\$600	\$600
10th	\$500	\$500

<i>2019 American Development Prize Money Structure</i> <i>“Double-dipping” is allowed with International Prize Money</i>		
Place	Men	Women
1st	\$5000	\$5000
2nd	\$2500	\$2500
3rd	\$1500	\$1500
4th	\$1000	\$1000
5th	\$800	\$800
6th	\$600	\$600
7th	\$400	\$400
8th	\$300	\$300
9th	\$200	\$200
10th	\$200	\$200

Elite Athlete Bios

2019 Credit Union Cherry Blossom Ten Mile - Elite Men (4/2/19)

#01

Yimer, Jemal (22)

Residence: Addis Ababa, ETH

DOB: 9/11/96

Citizen of: Ethiopia

Team: Nike

Facebook: www.facebook.com/Jemal-Yimer-2051225675143215/

Twitter: @jemal_yimer1

Instagram: jemal_yimer1

Lifetime PRs: 27:54/ - / 44:46/10 mi.

Career: 2nd, '18 RAK Half Marathon (59:00 DB); 4th, '18 IAAF/Trinidad Alfonso World Half-Marathon Championships (1:00:33); 1st, '18 Credit Union Cherry Blossom 10 Mile Run (46:17 PB); 1st, Lilac Bloomsday Run 12k (34:18); 2nd, '18 Mattoni Olomouc Half Marathon (1:00:37); 3rd, '18 Copenhagen Half Marathon (59:14); 2nd, '18 Medio Marathon Valencia Trinidad Alfonso EDP Half Marathon (58:33 PB); 5th, '17 IAAF World Championships in Athletics 10,000m (26:57 PB); 6th, '17 Birell Grand Prix 10k (27:54 PB).

2019 Times: 2nd, Bahrain Night Half Marathon (59:45); 2nd, '19 Aramco Half Marathon (1:00:14).

Past Credit Union Cherry Blossom Top 10 Finishes: 1st, '18 (46:17).

#05

Tanui, Josphat (25)

Residence: Iten, KEN

DOB: 2/4/94

Citizen of: Kenya

Team: Adidas

Lifetime PRs: 30:08/ - / 43:41/15k

Career: 8th, '18 Sportissimo Prague Half Marathon (1:01:14); 2nd, '17 Sportissimo Prague Half Marathon (1:00:38 DB); 2nd, '17 Mattoni Ustif Half Marathon (59:22 PB).

2019 Times: 5th, Aloha Zane Branson Memorial 10,000m (29:07.6).

#07

Sambu, Stephen (30)

Residence: Tucson, AZ

DOB: 7/7/88

Citizen of: Kenya

Team: Nike

Lifetime PRs: 27:25/ 2:11:07/ 45:29/10 mi.

Career: 7th, Aramco Half Marathon (1:00:41 PB); 6th, '18 UAE Healthy Kidney 10k (29:08); 3rd, '18 B.A.A. 10k (28:36); 2nd, '18 TD Beach to Beacon 10k (28:27); 4th, '18 New Balance Falmouth Road Race 7 Mile (28:51); 2nd, '18 EQT Pittsburgh 10 Miler (46:56); 3rd, '17 World's Best 10k (28:34); 1st, '17 Bank of America Shamrock Shuffle 8k (22:47); 3rd, '17 UAE Healthy Kidney 10k (28:31); 2nd, '17 B.A.A. 5k (13:22); 4th, '17 TD Beach to Beacon 10k (28:16); 1st, '17 New Balance Falmouth 7 Mile Road Race (32:14); 5th, '17 Bank of America Chicago Marathon (2:11:07 PB); 3rd, '16 World's Best 10k (27:48); 4th, '16 B.A.A. 5k (13:44); 4th, '16 Prefontaine Classic 10,000m (26:59); 1st, '16 New Balance Falmouth Road Race 7 Mile (32:10).

2019 Times: 1st, Willie Williams Classic 5000m (14:05.32); 25th, Aramco Half Marathon (1:03:59).

Past Credit Union Cherry Blossom Top 10 Finishes: 1st, '15 (43:20/46:10); 1st, '14 (45:29); 4th, '13 (46:59).

#09

Biyazen, Yeneblo (19)

Residence: Addis Ababa, ETH

DOB: 1/29/00

Citizen of: Ethiopia

Team: Nike

Lifetime PRs: 27:32/ - / -

#11

Ayalew, Aweke (26)

Residence: Addis Ababa, ETH

DOB: 2/23/93

Citizen of: Bahrain

Team: Nike

Lifetime PRs: 28:30/ - / 46:22/10 mi.

Career: 11th, '18 IAAF/Trinidad Alfonso World Half-Marathon Championships (1:01:09 PB); 2nd, '18 Credit Union Cherry Blossom 10 Mile Run (46:22 PB); 3rd, '18 Cooper River Bridge Run 10k (28:38); 5th, '18 Boulder BOULDER 10k (28:57); 5th, '18 AirTel Delhi Half Marathon (1:00:09); 11th, '16 IAAF Diamond League 5000m-Shanghai (13:19); 10th, IAAF World Cross Country Championships Mens 12k (35:56); 21st, '15 IAAF World Championships in Athletics Men's 10,000m (29:14.55 PB).

2019 Times: 1st, Cross International Venta de Banos 10680m (32:17).

Past Credit Union Cherry Blossom Top 10 Finishes: 2nd, '18 (46:22).

#13

Bore, Ambrose (23)

Residence: Iten, KEN

DOB: 8/8/95

Citizen of: Kenya

Team: Adidas

Lifetime PRs: 29:09/ - / 42:52/15k

#15

Barkach, Alfred (22)

Residence: Katagat, KEN

DOB: 3/2/97

Citizen of: Kenya

Team: Adidas

Lifetime PRs: 27:33/ - / 43:24/15k

2019 Times: 22nd, Kenyan National X-C 10k (30:55).

#17

Kebenei, Stanley (29)

Residence: Colorado Springs, CO

DOB: 11/6/89

Citizen of: USA

Team: Nike

Twitter: @tanuistan

Lifetime PRs: - / - / 46:36/10 mi.

Career: 3rd, '18 Medtronic Twin Cities USA 10 Mile Championships (46:39); 3rd, '18 Abbott Dash to Finish Line 5k (USA 5k Championships for Men and Women (13:53); 7th, '18 NN Zevenheuvelenloop 15k (44:23); 5th, '17 Great Edinburgh Cross Country (24:39); 2nd, '17 USA Cross Country Championships and World Cross Selection Trials 10k (30:15); 4th, '17 Gate River Run 15k (USATF Championships) (43:29); 1st, '17 Credit Union Cherry Blossom 10 Mile Run (46:36 PB); 8th,

'17 EQT Pittsburgh 10 Miler (47:45); 8th, '15 U.S. Cross Country Championships Men's 12k (37:28).

2019 Times: 35th, (2nd U.S.) World xc.

Past Credit Union Cherry Blossom Top 10 Finishes: 1st, '17 (46:36).

#23

Kibichiy, Edwin (27)

Residence: Louisville, KY

DOB: 4/2/92

Citizen of: Kenya

Lifetime PRs: 29:21/ - / 46:55/10 mi.

Career: 6th, '18 Credit Union Cherry Blossom 10 Mile Run (46:55 PB); 2nd, '18 News and Sentinel Half Marathon (1:05:19); 2nd, '18 Applied Materials Silicon Valley Turkey Trot/Elite 5k (13:49 PB).

2019 Times: 1st, Rodes City Run 10k (29:02); 1st, Anthem Blue Cross/Blue Shield 5k (14:18); 16th, Aramco Half Marathon (1:02:29).

Past Credit Union Cherry Blossom Top 10 Finishes: 6th, '18 (46:55).

#25

Hrezi, Mohamed (27)

Residence: Philadelphia, PA

DOB: 10/28/91

Citizen of: Libya

Lifetime PRs: - / 2:18:40/ 46:58/10 mi.

Career: 7th, '18 Credit Union Cherry Blossom 10 Mile Run (46:58 PB); 5th, '18 B.A.A. Half Marathon (1:04:24); 7th, '18 Manchester Road Race 4.748 mile (21:52); 5th, '15 Bank of America Shamrock Shuffle 8k (23:26) .

#27

Kipchirchir, Josphat (22)

Residence: Eldoret, KEN

DOB: 2/25/97

Citizen of: Kenya

Team: Nike

Lifetime PRs: 28:43/ - / 1:02:22

#29

Dandena, Kiya (29)

Residence: Flagstaff, AZ

DOB: 4/14/89

Citizen of: USA

Team: Hoka NAZ Elite

Lifetime PRs: 29:09/ 2:12:56/ 46:58/10 mi.

Career: 3rd, '18 Publix Gasparilla Distance Classic Half Marathon (1:04:09); 6th, '18 Fifth Third River Bank Run 25k (U.S. 25k Open Championships)(1:16:25); 3rd, '18 Faxon Law New Haven Road Race 20k (USA Men's and Women's 20-K Championships)(1:00:34); 4th, '17 All-America City 10k (29:09); 10th, '17 Gate River Run 15k (USATF Championships) (44:36); 9th, '17 Credit Union Cherry Blossom 10 Mile Run (46:58 PB); 4th, '17 Ohio Health Capital City Half Marathon (USA Half Marathon Championships)(1:03:19); 10th, '17 Lilac Bloomsday Run 12k (35:42); 3rd, '17 California International Marathon (2:12:56 PB).

2019 Times: 2nd, Rock 'n' Roll Arizona Half Marathon (1:05:42); 12th, Gate River Run 15k (45:48); 26th, US X-C Champs 10k (30:32).

Past Credit Union Cherry Blossom Top 10 Finishes: 9th and 3rd MUS '17 (46:58); 7th MUS, '18 (48:37).

#33

McClintock, Matt (25)

Residence: Blowing Rock, NC

DOB: 1/6/94

Citizen of: USA

Team: RRCA-RS ('17)/ZAP

Twitter: @matt-mcClintock

RRCA Status: RRCA Road Scholar 2017

Lifetime PRs: - / 2:18:03/ 47:10/10 mi.

Career: 9th, '18 Credit Union Cherry Blossom 10 Mile Run (47:10 PB); 5th, '17 Crazy 8's 8k (22:55); 3rd, '17 Quad-City Times Bix 7 Mile (USA 7 Mile Championships)(33:10); 7th, '17 Manchester Road Race 4.748 Mile (21:51); 11th, '16 Manchester Road Race 4.748 Mile (21:56); 1st, '15 Mt. SAC Relays 10,000m (28:54.77 PB).

2019 Times: 2nd, Matanzas 5000 (14:26); 25th, Brooks Armagh Road Race 5k (14:19); 7th, Raleigh Relay 5000m (13:47.68).

Past Credit Union Cherry Blossom Top 10 Finishes: 9th and 3rd MUS, '18 (47:10).

#37

Smith, Scott (32)

Residence: Los Angeles, CA

DOB: 7/13/86

Citizen of: USA

Team: Hoka NAZ Elite

Lifetime PRs: 29:01/ 2:12:21/ 47:12/10 mi.

Career: 6th, '18 Boston Marathon (2:21:47); 2nd, '17 Publix Gasparilla Half Marathon (1:03:25); 6th, '17 HAP Crim 10 Mile Road Race (48:09); 14th, '16 Men's USA Olympic Trials Marathon (2:17:33); 3rd, '14 Medtronic Twin Cities Marathon - USA Marathon Championships (2:14:40 PB).

#39

Izewski, Josh (28)

Residence: Blowing Rock, NC

DOB: 4/25/90

Citizen of: USA

Team: ZAP Fitness

Lifetime PRs: - / 2:13:15/ 47:26/10 mi.

Career: 13th, '18 Credit Union Cherry Blossom 10 Mile Run (47:26 PB); 4th, '18 Crazy 8's 8k (23:38); 8th, '18 Quad-City Times Bix 7 Mile (33:33); 12th, '18 Faxon Law New Haven Road Race 20k (USA Men's and Women's 20-K Championships)(1:03:13); 7th, '18 EQT Pittsburgh 10 Miler (47:51); 3rd, '18 California International Marathon (USA Marathon Championships For Men & Women) (2:13:15 DB).

2019 Times: 2nd, David Hemery Invitational 5000m (13:48.63); 4th, Matanzas 5000 (14:46); 12th, Raleigh Relay 5000m (14:00:54).

Past Credit Union Cherry Blossom Top 10 Finishes: 5th MUS, '18 (47:26).

Elite Athlete Bios

#43

Zeinasellassie, Futsum (26) DOB: 12/16/92
Residence: Flagstaff, AZ
Citizen of: USA Team: RRCA-RunPro ('17)
Twitter: @futsumz
Instagram: @bigfoot_sum
Lifetime PRs: 29:04/ - / 47:28/10 mi.

#44

Leininger, Mark (28) DOB: 2/25/91
Residence: Colts Neck, NJ
Citizen of: USA
Lifetime PRs: 30:07/ 2:17:51/ 48:22/10 mi.
Career: 6th, '18 Blue Cross Broad Street Run 10 Mile (48:22); 11th, '18 EQT Pittsburgh 10 Miler (49:02); 14th, '14 Utica Boilermaker 15k (47:21).
2019 Times: 4th, Boston Univ. Last Chance Meet 5000m (14:26.77); 6th, Fastrack Last Chance Invitational Mile (4:15.87) PB; 9th, Jacksonville Bank Half Marathon (1:04:26) PB; 22nd, NYC Half (1:05:59).
Past Credit Union Cherry Blossom Top 10 Finishes: 10th MUS, '18 (49:30); 10th MUS, '14 (49:09).

#47

Beach, Ben (69) DOB: 5/23/49
Residence: Bethesda, MD
Citizen of: USA
Lifetime PRs: - / - / -

#49

Lagat, Haron (35) DOB: 8/15/83
Residence: Colorado Springs, CO
Citizen of: USA Team: US Army
Facebook: <https://m.facebook.com/halagat>
Twitter: @halagat
Instagram: runlagat
Lifetime PRs: 28:43/ - / 47:40/10 mi.

Career: 10th, Aramco Half Marathon (1:01:01 DB); 5th, '18 Publix Gasparilla Distance Classic Half Marathon (1:05:13); 7th, Lilac Bloomsday Run 12k (34:57); 10th, '18 Boulder BOULDER 10k (29:33); 2nd, '18 Atlanta Journal Constitution Peachtree Road Race 10k (28:49); 6th, '18 New Balance Falmouth Road Race 7 Mile (28:52); 2nd, '18 Faxon Law New Haven Road Race 20k (USA Men's and Women's 20-K Championships)(1:00:29); 5th, '17 All-America City 10k (29:44); 8th, '17 Carlsbad 5000 (14:11); 6th, '17 Quad-City Times Bix 7 Mile (USA 7 Mile Championships)(33:35); 1st, '17 Army Ten-Miler (49:23); 4th, '17 Applied Materials Silicon Valley Turkey Trot/Elite 5k (13:49); 7th, '16 Carlsbad 5000 (13:55).

#51

Young, Tim (32) DOB: 3/22/87
Residence: Fredericksburg, VA
Citizen of: USA Team: Boston Reebok
Instagram: @Young_Runs
RRCA Status: RRCA RunPro Camp 2017
Lifetime PRs: 30:13/ 2:14:16/ 47:45/10 mil.201
Career: 7th, '17 Chevron Houston Marathon (2:17:29); 16th, '17 Credit Union Cherry Blossom 10 Mile Run (48:30); 10th, '17 Ohio Health Capital City Half Marathon (USA Half Marathon Championships)(1:05:08); 11th, '16 Men's USA Olympic Trials Marathon (2:17:09); 6th, '16 Ohio Health Capital City Half Marathon—USA Half Marathon Championships (1:03:44 PB); 14th, '14 Credit Union Cherry Blossom 10 Mile (47:45 PB).
2019 Times: 1st, Towne Bank 8k (23:39).
Past Credit Union Cherry Blossom Top 10 Finishes: 4th MUS, '14 (47:45); 7th MUS, '17 (48:30).

#53

Fischer, Reed (23) DOB: 7/9/95
Residence: Boulder, CO
Citizen of: USA Team: RRCA-RunPro'17/Tinman Eli
Twitter: @reedfisch
RRCA Status: RRCA Road Scholar 2017
Lifetime PRs: - / - / 47:50/10 mi.
Career: 4th, '18 USATF Outdoor Track & Field Championships 10,000m (29:07).
2019 Times: 4th, Pacific Pursuit 10,000m (29:23.14); 10th, Aramco Half Marathon (1:02:06) PB.

#57

Leak, Colin (32) DOB: 10/26/86
Residence: Chadds Ford, PA
Citizen of: USA Team: Philadelphia TC
Lifetime PRs: 30:23/ 2:14:44/ 48:46/10 mi.
Career: 11th, 18 Gate River Run 15k (U.S. 15k Championships) (45:39); 10th, '18 EQT Pittsburgh 10 Miler (49:00); 8th, '17 Chevron Houston Marathon (2:18:16).
2019 Times: 5th, Road to Gold 8 Mile (38:48); 7th, All-American City 10k (30:23); 19th, NYC Half Marathon (1:05:27).

#59

Crain, Johnny (26) DOB: 5/27/92
Residence: Blowing Rock, NC
Citizen of: USA Team: RRCA-R'17/RPC ('15)ZAP FI
RRCA Status: RRCA Road Scholar 2017
Lifetime PRs: 29:15/ 2:15:47/ 48:48/10 mi.
Career: 11th, '18 B.A.A. 10k (29:15 PB); 10th, '18 Utica Boilermaker 15k (44:15 PB); 10th, '17 Fifth Third Rover Bank Run 25k (U.S. 25k Open Championships (1:17:39 PB); 9th, '16 B.A.A. 5k (14:20); 15th, '16 Manchester Road Race 4.748 Mile (22:04).
Past Credit Union Cherry Blossom Top 10 Finishes: 8th MUS, '18 (49:16).

#61

Milam, Willie (27) DOB: 2/3/92
Residence: Boulder, CO
Citizen of: USA Team: RRCA-RunPro ('16)/Roots
Twitter: @dubmilam
Instagram: @dubmilam
RRCA Status: RRCA RunPro Camp 2016
Lifetime PRs: 30:39/ - / 49:10/10 mi.
Career: 8th, '18 Gate River Run 15k (U.S. 15k Championships) (44:33); 14th, '16 Lilac Bloomsday Run 12k (37:12).
2019 Times: 5th, Pacific Pursuit 10,000m (29:29.97); 15th, Aramco Half Marathon (1:02:26) PB.

#63

Gaynor, Evan (30) DOB: 6/9/88
Residence: Perrysburg, OH
Citizen of: USA Team: Dave's Running
Lifetime PRs: 30:24/ 2:20:35/ 49:20
Career: 9th, '17 New Balance Falmouth 7 Mile Road Race (35:13).
2019 Times: 21st, Jacksonville Bank Half Marathon (1:04:44) PB; 24th, Houston Marathon (2:20:51).

#65

Docherty, Danny (29) DOB: 10/27/89
Residence: Minneapolis, MN
Citizen of: USA Team: RRCA-RunPro'14/Team USA
Facebook: <https://www.facebook.com/docherty.danny>
Twitter: @danjamdoc
Instagram: @danny.doc
RRCA Status: RRCA RunPro Camp 2014
Lifetime PRs: 29:22/ 2:18:27/ 49:39/10 mi.
2019 Times: 18th, Houston Marathon (2:18:27).

#67

Jermann, Tyler (26) DOB: 8/19/92
Residence: Burnsville, MN
Citizen of: USA Team: RRCA-RS ('17)/Team USA MN
Facebook: tyler.jermann
Twitter: @tylerjermann
Instagram: @tylerjermann
RRCA Status: RRCA Road Scholar 2017
Lifetime PRs: 30:53/ 2:13:29/ 49:42/10 mi.
Career: 10th, '16 Grandma's Marathon (2:20:20).
2019 Times: 9th, Houston Marathon (2:13:29).

#69

Ndhlovu, Pardon (31) DOB: 8/23/87
Residence: Blowing Rock, NC
Citizen of: Zimbabwe
Lifetime PRs: 30:43/ 2:16:47/ 50:27/10 mi.
Career: 2018 race results: 24th, '18 Bank of America Chicago Marathon (2:18:49).
2019 Times: 16th, Houston Marathon (2:16:47).

#71

Neff, Jackson (26) DOB: 7/9/92
Residence: Charlottesville, VA
Citizen of: USA Team: Second City TC
Twitter: @jacksonneff
Instagram: @jacksonneff
Lifetime PRs: - / 2:23:28/ 24:01/8k

#75

Kerr, Caleb (25) DOB: 12/26/93
Residence: Zionsville, IN
Citizen of: USA
Twitter: @CalebKerr
Instagram: @calebjkerr
Lifetime PRs: - / - / 1:07:52
2019 Times: 5th, Rodes City Run 10k (30:08); 12th, Meyo Invitational 5000m (14:36).

#77

Beardsley, Dick (63) DOB: 3/21/56
Residence: Bemidji, MN
Citizen of: USA
Lifetime PRs: - / 2:08:53/ -

#79

Dare, Birhanu (32) DOB: 7/19/86
Residence:
Citizen of: Ethiopia
Lifetime PRs: 30:05/ 2:12:21/ 48:20/10 mi.
Career: 2nd, '18 Grandma's Marathon (2:12:21); 2nd, '18 AACR Philadelphia Marathon (2:14:54); 7th, '16 Grandma's Marathon (2:17:31); 2nd, '15 NYRR 5-Borough Series Bronx 10 Mile (48:20); 9th, '15 TCS New York City Marathon (2:15:40); 13th, '14 NYC Marathon (2:18:24).
2019 Times: 6th, All-American City 10k (30:05).

#98

Thistle, Paul (31) DOB: 7/2/87
Residence: Washington, DC
Citizen of: USA Team: Georgetown RC
Lifetime PRs: 31:13/ - / 49:39/10 mi.

Elite Athlete Bios

#99

Wardian, Michael (44)(MM+)

Residence: Arlington, VA

Citizen of: USA

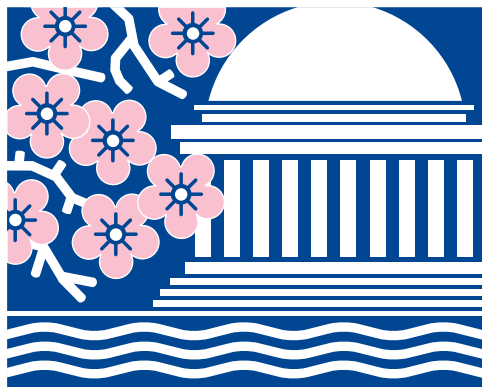
Lifetime PRs: - / 2:17:49/ 51:01/10 mi.

Career: 1st Masters, '16 TCS New York City Marathon (2:33:18); 3rd Masters, '14 Boston Marathon (2:23:32); 15th (2nd Masters), '14 Medtronic Twin Cities Marathon - USA Masters Marathon Championships (2:22:45).

DOB: 4/12/74

Team: Hoka One One

CREDIT UNION



CHERRY BLOSSOM

T E N M I L E R U N



Photo: Bob Burgess

Meb Keflezighi raising his arms and getting the crowd going.



Photo: George Banker

Jemal Yimer, wearing bib #1 in last year's race, will be back in 2019 to defend his title.

Elite Athlete Bios

2019 Credit Union Cherry Blossom - Elite Women (4/2/19)

#02

Diriba, Buze (25)

Residence: Albuquerque, NM

Citizen of: Ethiopia

DOB: 2/9/94

Team: Adidas

Lifetime PRs: 31:37/ 2:28:06/ 51:38/10 mi.PRs in last three years: - / - / -

Career: 4th, Aramco Half Marathon (1:06:50 PB); 1st, '18 United Airlines NYC Half (1:12:23 CR); 1st, '18 Credit Union Cherry Blossom 10 Mile Run (53:45); 1st, '18 B.A.A. 5k (15:22); 1st, '18 UAE Healthy Kidney 10k (32:04); 1st, '18 Lilac Bloomsday Run 12k (39:27); 4th, '18 B.A.A. 10k (32:10); 5th, '18 Utica Boilermaker 15k (50:10); 6th, '18 TD Beach to Beacon 10k (33:18); 4th, '18 New Balance Falmouth Road Race 7 Mile (33:58); 2nd, '18 Manchester Road Race 4.748 mile (24:34); 2nd, '18 Azalea Trail Run 10k (32:49); 2nd, '17 Credit Union Cherry Blossom 10 Mile Run (53:52); 1st, '17 B.A.A. 5k (14:54 PB); 1st, '17 Lilac Bloomsday Run 12k (40:19); 1st, '17 Bay to Breakers 12k (39:48); 5th, '17 Utica Boilermaker 15k (49:41); 1st, '17 Wharf to Wharf 6 Mile (31:19); 1st, '17 HAP Crim 10 Mile Road Race (51:49); 4th, '17 B.A.A. Half Marathon (1:13:04); 1st, '17 EQT Pittsburgh 10 Miler (52:12); 1st, '17 Manchester Road Race 4.748 Mile (23:56.5 CR); 7th, '16 World's Best 10k (32:13); 2nd, '16 Credit Union Cherry Blossom 10 Mile (53:20 PB); 2nd, '16 B.A.A. 5k (15:28); 6th, '16 Payton Jordan Cardinal Invitational 10,000m (31:39); 5th, '16 B.A.A. 5k (15:43); 5th, '16 UAE Healthy Kidney 10k (33:15); 6th, '16 B.A.A. 10k (32:26); 2nd, Peachtree Road Race 10k (32:28); 6th, '16 Utica Boilermaker 15k (51:02); 4th, '16 Quad-City Times Bix 7 (37:15); 1st, '16 EQT Pittsburgh 10 Miler (51:38 CR/PB); 2nd, '16 Applied Materials Silicon Valley Turkey Trot/Elite 5k (15:42).

2019: 3rd, NYC Half Marathon (1:11:07); 4th, '19 Chevron Houston Marathon (2:28:06 DB).

Past Credit Union Cherry Blossom Top 10 Finishes: 1st, '18 (53:45); 2nd, '16 (53:20); 2nd, '17 (53:52).

#04

Gebreslase, Gotyom (24)

Residence: Mekelle, Ethiopia

Citizen of: Ethiopia

DOB: 1/15/95

Team: Adidas

Lifetime PRs: 32:07/ - / 52:16/10 mi.PRs in last three years: - / - / -

Career: 1st, '18 Cooper River Bridge Run 10k (32:19); 4th, '18 B.A.A. 5k (15:27 PB); 8th, '18 Lilac Bloomsday Run 12k (40:43); 2nd, '18 B.A.A. Half Marathon (1:09:39); 2nd, '18 EQT Pittsburgh 10 Miler (53:05); 14th, '17 Prefontaine Classic 5000m (15:16); 6th, '17 Utica Boilermaker 15k (49:56); 2nd, '17 EQT Pittsburgh 10 Miler (52:16 PB); 1st, '17 Applied Materials Silicon Valley Turkey Trot/Elite 5k (15:38); 6th, '14 Carlsbad 5000 (15:37); 5th, B.A.A. 5K (15:17 PB); 10th, '14 Tufts Health Plan 10k for Women (32:30).

#06

Wanjiru, Rosemary (24)

Residence: Iten, Kenya

Citizen of: Kenya

DOB: 12/9/94

Team: Adidas/Team Stats

Lifetime PRs: 30:50/ - / - PRs in last three years: - / - / -

2019: 1st, Aloha Zane Branson Memorial 10,000m (32:48.2); 4th, 10k Valencia Ibercaja (30:50 PB).

#08

Bates, Emma (26)

Residence: Boise, ID

Citizen of: USA

DOB: 7/8/92

Team: RS, Asics

Twitter: @emmajbates

Instagram: @emmajanelbates

RRCA Status: RRCA Road Scholar 2017

Lifetime PRs: 32:36/ 2:28:19/ 52:51/10 mi.PRs in last three years: - / - / -

Career: 7th, '18 Credit Union Cherry Blossom 10 Mile Run (54:45 PB); 9th, '18 Lilac Bloomsday Run 12k (40:46); 2nd, '18 Fifth Third River Bank Run 25k (U.S. 25k Open Championships)(1:25:56); 7th, '18 Boulder BOULDER 10k (33:56); 6th, '15 Freihofer's Run for Women 5k (16:09); 6th, '18 Atlanta Journal Constitution Peachtree Road Race 10k (33:15); 3rd, '18 Faxon Law New Haven Road Race 20k (USA Men's and Women's 20-K Championships)(1:09:42); 3rd, '18 Medtronic Twin Cities USA 10 Mile Championships (52:51); 1st, '18 California International Marathon (USA Marathon Championships For Men & Women) (2:28:18 DB); 7th, '16 B.A.A. 5k (15:57); 9th, '16 New Balance Falmouth Road Race 7 Mile (38:48); 9th, '16 Manchester Road Race 4.748 Mile (25:22); 11th, '15 USA Outdoor Championships Women's 10,000m (34:02:65); 10th, '15 .US National Road Racing Championships (39:50 PB); 3rd, '15 Manchester Road Race 4.748 mile (24:44).

2019: 4th, NYC Half Marathon (1:11:13).

Past Credit Union Cherry Blossom Top 10 Finishes: 7th and 2nd WUS, '18 (54:45).

#10

Gebrekidan, Hiwot (23)

Residence: addis Ababa, ETH

Citizen of: Ethiopia

DOB: 5/11/95

Team: Adidas

Lifetime PRs: 32:22/ 2:25:45/ 53:37/10 mi.PRs in last three years: - / - / -

Career: 2nd, '18 Credit Union Cherry Blossom 10 Mile Run (53:48); 7th, '18 Copenhagen Half Marathon (1:07:36 PB); 1st, '17 Credit Union Cherry Blossom 10 Mile Run (53:37 PB); 1st, '16 Copenhagen Half Marathon (1:08:00).

Past Credit Union Cherry Blossom Top 10 Finishes: 1st, '17 (53:37); 2nd, '18 (53:48).

#14

Ayalew, Hiwot (29)

Residence: Addis Ababa, ETH

Citizen of: Ethiopia

DOB: 3/6/90

Team: Nike

Lifetime PRs: 31:47/ - / 53:51/10 mi.PRs in last three years: - / - / -

Career: 3rd, '18 Crescent City Classic 10k (32:31); 2nd, '18 Cooper River Bridge Run 10k (32:21); 4th, '18 Boulder BOULDER 10k (32:58); 2nd, '14 Allstate Sugar Bowl Crescent City Classic 10k (31:47); 2nd, '13 IAAF World Cross Country Championships (24:27); 2nd, '13 Crescent City Classic 10k (32:05 PB); 1st, '13 Cooper River Bridge Run 10k (32:18).

2019: 3rd, Safi Half Marathon (1:11:01).

#16

Woldu, Etagegne (22)

Residence: Addis Ababa, ETH

Citizen of: Ethiopia

DOB: 5/10/96

Team: Nike

Lifetime PRs: 32:53/ - / 1:07:51/hmarPRs in last three years: - / - / -

Career: 1st, '18 Meia-Maratona Internacional de Lisboa EDP Half Marathon (1:11:27); 5th, '18 Voafone Istanbul Half Marathon (1:09:22 PB); 10th, '17 RAK Half Marathon (1:14:46).

#18

Chepkemol, Iveen (21)

Residence: Lansing, MI

Citizen of: Kenya

DOB: 8/20/97

Lifetime PRs: 32:26/ - / 55:13/10 mi.PRs in last three years: - / - / -

Career: 2nd, '18 Crescent City Classic 10k (32:28); 6th, '18 Lilac Bloomsday Run 12k (40:30); 3rd, '18 Debbie Green Memorial 5k (16:39); 3rd, '18 HAP Crim 10 Mile Road Race (55:13 PB); 4th, '17 Grandma's Minnesota Mile (4:43.9)

#20

Chepngeno, Vicoty (25)

Residence: Grand Prairie, TX

Citizen of: Kenya

DOB: 11/12/93

Lifetime PRs: 32:34/ - / 53:23/10 mi.PRs in last three years: - / - / -

Career: 6th, '18 Credit Union Cherry Blossom 10 Mile Run (53:59 PB); 3rd, '18 Utica Boilermaker 15k (50:04 PB); 3rd, '18 Great Buffalo Chase 5k (15:58); 5th, '18 Quad-City Times Bix 7 Mile (36:45); 1st, '18 Debbie Green Memorial 5k (15:39 CR); 2nd, '18 News and Sentinel Half Marathon (1:13:25); 2nd, '18 HAP Crim 10 Mile Road Race (54:44); 1st, '18 Genworth Virginia Ten Miler (54:54); 2nd, '18 B.A.A. Half Marathon (1:09:39); 3rd, '18 EQT Pittsburgh 10 Miler (53:23).

2019: 3rd, Azalea 10k (38:18); 9th, Discovery Kenyan X-C 8k (28:57.6); 13th, Kenyan National X-C Champs 10k (34:50).

Past Credit Union Cherry Blossom Top 10 Finishes: 6th, '18 (53:59).

#22

Well, Stephanie (29)

Residence: London, UK

Citizen of: Gr Britain

DOB: 8/17/89

Team: New Balance

Lifetime PRs: 32:30/ 2:30:14/ 53:52/10 mi.PRs in last three years: - / - / -

2019: 1st, Sage Reading Half Marathon (1:11:37); 1st, Brooks Armagh Road Race 3k (8:59); 2nd, Vitality Big Half (1:11:33).

#24

Van Beek, Maddie (27)

Residence: Fargo, ND

Citizen of: USA

DOB: 8/20/91

Team: Brooks

Twitter: @MaddieMcBeek

RRCA Status: RRCA Road Scholar 2016

Lifetime PRs: 33:23/ 2:35:35/ 54:23/10 mi.PRs in last three years: - / - / -

Career: 7th, '18 Gate River Run 15k (U.S. 15k Championships) (52:13); 10th, '18 Atlanta Journal Constitution Peachtree Road Race 10k (33:57); 7th, '18 Quad-City Times Bix 7 Mile (39:02); 7th, '18 Faxon Law New Haven Road Race 20k (USA Men's and Women's 20-K Championships)(1:12:44); 5th, '18 Grandma's Minnesota Mile (4:53.0); 6th, '17 Fifth Third River Bank Run 25k (U.S. 25k Open Championships) (1:31:35 PB); 7th, '17 Grandma's Minnesota Mile (4:50.3); 10th, '17 Manchester Road Race 4.748 Mile (25:52); 5th, '16 Medtronic TC Mile (USA Road Mile Championships) (4:41.7); 9th, '16 TD Beach to Beacon 10k (33:23); 5th, '16 Laxon Law New Haven Road Race (USA Men's and Women's 20k Championships) (1:08:30); 5th, '16 CVS Health Downtown 5k (U.S. 5k Championships) (16:06); 4th, '16 EQT Pittsburgh 10 Miler (54:39); 7th, '16 Manchester Road Race 4.748 Mile (25:09).

2019: 13th, Gate River Run 15k (53:28).

#26

Armstrong-Peyton, Meghan (33)

Residence: St. Paul, MN

Citizen of: USA

DOB: 1/6/86

Team: RRCA-RS('11)/Team USA MN

Twitter: @nutMEGrunner

RRCA Status: RRCA Road Scholar 2011

Lifetime PRs: 33:17/ 2:36:27/ 54:42/10 mi.PRs in last three years: - / - / -

Career: 15th, '17 Gate River Run 15k (USATF Championships) (52:35); 2nd, '17 Bank of America Shamrock Shuffle 8k (26:42); 10th, '17 Medtronic TC Mile (Bring Back the Mile GP)(5:00.8); 8th, '17 Freihofer's Run for Women 5k (16:32); 7th, '16 Medtronic TC Mile (USA Road Mile Championships) (4:45.2); 6th, '16 Freihofer's Run for Women 5k (16:27); 8th, '16 EQT Pittsburgh 10 Miler (59:22); 14th, '15 U.S. Cross Country Championships Women's 8k (29:20); 16th, '15 USA Outdoor Championships Women's 5000m (34:21.44); 9th, '15 Manchester Road Race 4.748 mile (25:26); 8th, '14 USA Half Marathon Championships (1:13:06); 6th, '14 Gate River Run 15K Championships (50:42 PB); 12th, '14 Credit Union Cherry Blossom 10 Mile (54:42 PB); 11th, '14 USA Outdoor Track & Field Championships Women's 10,000m (33:11.63); 10th, '14 Peachtree Road Race 10k (33:17 PB); 10th, '14 Medtronic Twin Cities Marathon - USA Marathon Championships (2:40:31).

#28

Sachtleben, Bethany (27)

Residence: Fairfax, VA

Citizen of: USA

DOB: 2/9/92

Twitter: @Bsach1

Lifetime PRs: 33:37/ 2:31:20/ 54:59/10 mi.PRs in last three years: - / - / -

Career: 9th, '18 Gate River Run 15k (U.S. 15k Championships) (52:18); 8th, '18 Credit Union Cherry Blossom 10 Mile Run (54:59 PB); 4th, '18 Garry Bjorklund Half Marathon (1:12:24 PB); 8th, '18 Faxon Law New Haven Road Race 20k (USA Men's and Women's 20-K Championships)(1:12:55); 6th, '18 California International Marathon (USA Marathon Championships For Men & Women) (2:31:20 PB);

Elite Athlete Bios

12th, '17 Gate River Run 15k (USATF Championships) (52:08); 4th, '17 Ohio Health Capital City Half Marathon (USA Half Marathon Championships)(1:13:28).
2019: 2nd, Gate River Run 15k (51:08); 1st, George Mason Patriot Games 5000m (16:34.21); 18th, Jacksonville Bank Half Marathon (1:15:37); 28th, US X-C Champs 10k (35:26); 1st, Raleigh Relay 5000m (15:46:62).
Past Credit Union Cherry Blossom Top 10 Finishes: 8th and 3rd WUS, '18 (54:59).

#30

Jermann, Katy (26) **DOB:** 4/20/92
Residence: Burnsville, MN
Citizen of: USA **Team:** RRCA-RS('15)/RPC('15)/
Twitter: @MoenEmDown
RCCA Status: RRCA Road Scholar 2015
Lifetime PRs: 33:53/ 2:33:41/ 54:59/10 mi.**PRs in last three years:** - / - / -
2019: 4th, Road to Gold 8 Mile (44:58); 8th, Gate River Run 15k (52:20); 9th, Houston Marathon (2:33:41).

#32

Murphy, Grayson (23) **DOB:** 6/28/95
Residence: Flagstaff, AZ
Citizen of: USA **Team:** RRCA-RS('18)/HOKA NAZ
RCCA Status: RRCA Road Scholar 2018
Lifetime PRs: 33:11/ - / - **PRs in last three years:** - / - / -
2019: 6th, NACAC X-C Champs 10k (36:58); 21st, US X-C Champs 10k (34:48); 13th, Stanford Invitational 10,000m (32:28:09).

#34

Bluske-Palmer, Samantha (27) **DOB:** 6/17/91
Residence: Northport, AL
Citizen of: USA **Team:** RRCA-RunPro('14)/RS ('18)
Twitter: Samantha_Bluske
Instagram: _samantha.palmer
RCCA Status: RRCA Road Scholar 2018
Lifetime PRs: 35:19/ 2:31:56/ 55:19/10 mi.**PRs in last three years:** - / - / -
Career: 9th, '18 Credit Union Cherry Blossom 10 Mile Run (55:19 PB); 6th, '18 Dick's Sporting Goods Pittsburgh Half-Marathon (USA Half-Marathon Championships) (1:12:32 PB); 4th, '17 California International Marathon (2:31:55 PB); 4th, '16 California International Marathon (2:36:26); 10th, '14 Faxon Law New Haven Road Race 20K (1:14:45).
2019: 17th, US X-C Champs 10k (34:33).
Past Credit Union Cherry Blossom Top 10 Finishes: 9th and 4th WUS, '18 (55:19).

#36

Zeis, Alexis (26) **DOB:** 4/28/92
Residence: Boulder, CO
Citizen of: USA **Team:** Roots
Twitter: @LexiZeis
Instagram: @leximarie
Lifetime PRs: - / - / 55:52/10 mi.**PRs in last three years:** - / - / -
2019: 12th, Pacific Pursuit 10,000m (34:34.8); 15th, Gate River Run 15k (53:50);

#38

Cleaver, Allison (30) **DOB:** 8/18/88
Residence: Austin, TX
Citizen of: USA **Team:** rabbit
Twitter: @aminicleaver
Lifetime PRs: 34:27/ 2:36:15/ 56:10/10 mi.**PRs in last three years:** - / - / -
Career: 8th, '18 Fifth Third River Bank Run 25k (U.S. 25k Open Championships)(1:30:44); 6th, '17 B.A.A. Half Marathon (1:17:22); 8th, '16 Ohio Health Capital City Half Marathon—USA Half Marathon Championships (1:14:15 PB); 8th, '16 Fifth River Bank Run 25k (U.S. 25k Open Championships)(1:29:58); 5th, '16 Grandma's Marathon (2:36:09 PB); 8th, '16 Laxon Law New Haven Road Race (USA Men's and Women's 20k Championships) (1:09:34).
2019: 6th, Houston Marathon (2:31:53).

#40

Bruce, Kelsey (26) **DOB:** 10/27/92
Residence: Brackettville, TX
Citizen of: USA **Team:** RRCA-RunPro ('17)
RCCA Status: RRCA RunPro Camp 2017
Lifetime PRs: - / 2:31:53/ 56:49/10 mi.**PRs in last three years:** - / - / -
Career: 7th, '18 Fifth Third River Bank Run 25k (U.S. 25k Open Championships)(1:30:34); 6th, '17 B.A.A. Half Marathon (1:17:22); 8th, '16 Ohio Health Capital City Half Marathon—USA Half Marathon Championships (1:14:15 PB); 8th, '16 Fifth River Bank Run 25k (U.S. 25k Open Championships)(1:29:58); 5th, '16 Grandma's Marathon (2:36:09 PB); 8th, '16 Laxon Law New Haven Road Race (USA Men's and Women's 20k Championships) (1:09:34).
2019: 6th, Houston Marathon (2:31:53).

#42

Marino, Amanda (29) **DOB:** 10/19/89
Residence: Asbury Park, NJ
Citizen of: USA
Twitter: @amanda_marino
Instagram: @amanda_marino
Lifetime PRs: 35:01/ 2:38:04/ 57:13/10 mi.**PRs in last three years:** - / - / -
2019: 1st, Anthem Half Marathon (1:14:31).
Past Credit Union Cherry Blossom Top 10 Finishes: 9th WUS, '18 (57:13).

#44

Muringi, Margaret (28) **DOB:** 12/16/90
Residence: Grand Prairie, TX
Citizen of: Kenya
Lifetime PRs: 33:10/ - / 52:37/15k**PRs in last three years:** - / - / -
Career: 1st, '18 Mercedes Benz Cotton Row Run 10k (34:20); 3rd, '18 Shelter Island 10k (34:40); 6th, '18 Quad-City Times Bix 7 Mile (39:01).

#46

Thompson, Joanna (26) **DOB:** 9/24/92
Residence: Blowing Rock, NC
Citizen of: USA **Team:** RRCA-RunPro/ZAP Fitness
Lifetime PRs: 34:20/ 2:42:27/ 58:13/10 mi.**PRs in last three years:** - / - / -
Career: 10th, '18 Boston Marathon (2:48:31); 9th, '17 Quad-City Times Bix 7 Mile (USA 7 Mile Championships)(39:30); 9th, '16 Freihofer's Run for Women 5k (16:44); 12th, '16 Manchester Road Race 4.748 Mile (25:54).
2019: 1st, Matanzas 5000 (17:05); 1st, Charlotte 49er Classic 3000m (9:45.21); 36th, Brooks Armagh Road Race 3k (9:41).

#48

Wijayaratne, Hiruni (28) **DOB:** 12/5/90
Residence: Boulder, CO
Citizen of: Sri Lanka
Twitter: @hiruni_w
Instagram: @hiruni_w
Lifetime PRs: 36:48/ 2:36:35/ 1:01:16/10 mi.**PRs in last three years:** - / - / -
2019: 3rd, Sprouts Mesa-Phoenix Half Marathon (1:14:19); 4th, Bank of America Shamrock Shuffle 8k (27:07); 27th, Aramco Half Marathon (1:14:28).

#50

Martin, Lauren (27) **DOB:** 10/14/91
Residence: Alamosa, CO
Citizen of: USA
Twitter: Imasterson_03
Instagram: Imasterson_03
Lifetime PRs: 34:56/ 2:33:25/ 58:40/10 mi.**PRs in last three years:** - / - / -
Career: 10th, '18 California International Marathon (USA Marathon Championships For Men & Women) (2:33:35 PB).

#52

Kastor, Deena (46)(WM+) **DOB:** 2/14/73
Residence: Mammoth, CA
Citizen of: USA **Team:** RRCA-RS ('97)/Asics
RCCA Status: RRCA Road Scholar 1997
Lifetime PRs: 31:44/ 2:19:36/ 47:15/15k**PRs in last three years:** - / - / -
Career: 1st, '15 More/Fitness/Shape Women's Half Marathon (1:12:51); 7th, '14 Bank of America Chicago Marathon (2:27:47 NR W4044); 1st, '14 More Magazine Women's Half Marathon (1:11:38 CR); 4th, (1st Masters) '14 Boulder Boulder 10k (33:59); 11th (1st Masters), '14 Oakley New York Mini 10K (33:17); 3rd (1st Masters), '14 Rock 'n' Roll Philadelphia Half Marathon (1:09:37 WR); 11th (1st Masters), '14 NYC Marathon (2:33:18); 3rd, '13 USA Cross Country Championships Women's 8k (26:41); 1st, '13 More Magazine Women's Half-Marathon (1:13:25 CR); 4th (1st Masters), '13 Boulder Boulder 10k (34:44); 7th (1st Masters), '13 TD Beach to Beacon 10k (32:29); 9th, '13 IAAF World Championships Women's Marathon (2:36:12).
2019: 8th, Bank of America Shamrock Shuffle 8k (27:12). Time is an American Record for Women's 45-49 Age group. Kastor set the still standing CR (24:36) for this event in 2005.

#54

Bentley, Lisa (50)(WM+) **DOB:** 11/28/68
Residence: Caledon, Ontario
Citizen of: Canada **Team:** Subaru
Twitter: @lisabentley
Instagram: lisa_bentley123
Lifetime PRs: 34:09/ 2:47:47/ 1:18:47/hmar**PRs in last three years:** - / - / -

#56

Bogale, Nuhamin (25) **DOB:** 7/13/93
Residence:
Citizen of: Ethiopia
Lifetime PRs: 34:51/ - / 55:43/15k**PRs in last three years:** - / - / -
2019: 6th, All-American City 10k (34:51).

#58

Wangui, Mary (19) **DOB:** 9/12/99
Residence: Lansing, MI
Citizen of: Kenya
Lifetime PRs: 32:22/ - / 56:36/10 mi.**PRs in last three years:** - / - / -
Career: 2nd, '17 Allstate Sugar Bowl Crescent City Classic 10k (32:22); 6th, '17 Lilac Bloomsday Run 12k (40:57); 9th, '16 Cooper River Bridge Run 10k (34:53).

#60

Muriuki, Margaret (33) **DOB:** 3/21/86
Residence: Grand Prairie, TX
Citizen of: Kenya
Lifetime PRs: 31:05/ - / 1:09:02/hmar**PRs in last three years:** - / - / -
Career: 3rd, '18 Lilac Bloomsday Run 12k (39:31); 5th, '18 Boulder BOULDER 10k (33:14); 1st, '18 Quad-City Times Bix 7 Mile (35:57); 2nd, '18 New Balance Fal-mouth Road Race 7 Mile (32:40); 5th, '18 B.A.A. Half Marathon (1:10:13); 3rd, '14 ASICS Grand 10 Berlin (31:06); 5th, '13 IAAF World Cross Country Championships (24:39).

Road Runners Club of America

Road Runners Club of America and Cherry Blossom—A special relationship



Last year, the Road Runners Club of America (RRCA) awarded \$2,400 in prize money to the top the finishers in the Credit Union Cherry Blossom Ten Mile Run that were either an RRCA Roads Scholar or RunPro Camp alum. The race also served as the 2018 RRCA Ten Mile National Championship.

This year, building upon the long tradition of cooperation and mutual support between the Credit Union Cherry Blossom Ten Mile and the RRCA—America’s oldest and largest grass roots organization of running clubs—race organizers and the RRCA will jointly award \$1,500, \$1,000 and \$500 to the top-three men and women alumni of the two [innovative RRCA programs designed specifically to support up-and-coming American distance runners](#).

Since 1996, the RRCA has awarded 128 grants totaling \$600,000 through its Roads Scholar program to assist American post-collegiate road runners who show great promise to develop into national and world class road running athletes. Over the past 20 years, the Credit Union Cherry Blossom Run has contributed over \$210,000 to the Roads Scholar grant program, making it the program’s largest single contributor.

To date, the following RRCA Roads Scholar grant recipients have committed to race in the 2019 Credit Union Cherry Blossom Ten Mile: 2018 recipients **Reed Fischer**, **Grayson Murphy** and **Samantha Bluske-Palmer**; **Emma Bates**, **Johnny Crain**, **Tyler Jermann** and **Matt McClintock**, all 2017 grant recipients; **Martin Hehir** and **Maddie Van Beek** who were awarded Roads Scholar grants in 2016 and placed third in the Credit Union Cherry Blossom Ten Mile that same year; **Katy (Moen) Jermann**, who was awarded a grant in 2015; 2011 Roads Scholar **Meghan Armstrong-Peyton**; and 1997 Roads Scholar grant recipient **Deena Kastor**, who certainly fulfilled the RRCA’s goal of assisting American post-collegiate road runners who show great promise to develop into national and world-class road racers—she won the 2004 Olympic Marathon Bronze Medal in Athens.

Five of the above named RRCA Roads Scholars competed in the Credit Union Cherry Blossom Ten Mile last year: Matt McClintock was ninth overall in a time of 47:10; Johnny Crain was 21st in 49:16; Tyler Jermann placed 24th with a time of 49:50; Emma Bates placed 7th among women in 54:45; and Katy (Moen) Jermann placed 12th among the women with a time of 56:04.

RunPro is another RRCA-funded program that Credit Union Cherry Blossom organizers are pleased to support. Event Director Phil Stewart and Elite Athlete Coordinator Bill Orr are regular presenters at the RunPro Camp weekend in July of each year. Intended to assist newly-graduated, post-collegiate runners seeking to make the transition to professional running, RunPro Camp provides attendees with the information, knowledge, and networking resources necessary to pursue a professional running career.

2017 RunPro Campers **Futsum Zeinasellassie** and **Kelsey Bruce** have committed to race in the 2019 Credit Union Cherry Blossom Ten Mile; so have 2016 alumni **Willie Milam**, 2015 camper **Bethany Satchleben**, and 2014 alum **Danny Docherty**. Two Roads Scholar grant recipients mentioned above—Johnny Crain and Katy Jermann—are also RunPro Camp alumni (2015).



Photo: Team Mailer

RRCA Executive Director Jean Knaack (left) and RRCA President Mitch Garner (right) presented \$1,200 each to 2016 RunPro Camper Abbabiya Simbassa and 2017 Roads Scholar Emma Bates, 2018 winners of the Roads Scholar RunPro Alumni Challenge.

PRRO Circuit Information



PRRO Circuit 2018-19 Summary

Overall 2018-19 Circuit event prize money exceeds \$330,000 including \$109,500 U.S.-only money; next PRRO Circuit stop, Credit Union Cherry Blossom Ten Mile; 2019 PRRO Championship to be presented by Lilac Bloomsday Run 12K

The **Lilac Bloomsday Run 12K**, on May 6, 2018, opened the 2018-19 **PRRO Circuit** racing season. The PRRO Circuit showcases world class competition at four classic American road race events shorter than the marathon distance and offers more than \$330,000 in guaranteed prize money overall with \$109,500 available for U.S. athletes. At its 4th edition, the iconic Bloomsday road race that attracts 45,000 participants annually will also host the 2019 **PRRO Championship** on Sunday, May 5 in Spokane, WA.

“We opened the current PRRO Circuit last May and we’re also excited about presenting the PRRO Championship race for our second time this coming May,” said **Don Kardong**, Lilac Bloomsday Run race director and Professional Road Running Organization (PRRO) Circuit President.

At the 24th **PRRO Championship**, reigning champions and any athlete who has won one of the 2018-19 Circuit events are eligible to compete for the \$10,000 **PRRO Super Bonus**, which is awarded to the winner of the 2019 PRRO Championship (bonus split evenly if an eligible male and female win the PRRO titles). Those aforementioned runners are also eligible for the **PRRO Event Champion’s Bonus** (\$1500 cumulative for eligible athletes who do not win the PRRO Championship but do finish in places 2-10 at the PRRO Championship). Any athlete who wins the PRRO Super Bonus is not eligible for the PRRO Event Champion’s Bonus.

If the male and female winners of the PRRO Championship have not won any of the events on the current Circuit, they will be awarded \$2500 each as the PRRO Championship Circuit winners in addition to the prize money at the PRRO Championship event.

Current schedule, contacts and Super Bonus qualifiers to-date below:

PRRO CIRCUIT 2018-19 SCHEDULE

Lilac Bloomsday Run 12K, May 6, 2018, Spokane, WA

\$81,000 in prize money (\$20,000 U.S. prize money)

Elite athlete contact: Jon Neill, (509) 703-0025, jhneill@eahjlaw.com

Winners: Jemal Yimer*, Ethiopia (34:18) and Buze Diriba*, Et (39:27)

Boilermaker 15K, July 8, 2018, Utica, NY

\$66,000 in prize money (\$14,500 U.S. prize money)

Elite athlete contact: Dick Mattia, (315) 732-1949, dick@boilermaker.com

Winners: Gabriel Geay*, Tanzania (43:40) and Mary Wacera*, Kenya (50:01)

PRRO Circuit Information

[Publix Gasparilla Half Marathon](#), February 24, 2019, Tampa, FL

\$40,000 in prize money (\$30,000 U.S. prize money)

Elite athlete contact: Bill Orr, (863) 533-0654, wworr@runorr.com

Winners: Scott Fauble*, USA (1:05:09) and Aliphine Tuliamuk*, USA (1:12:29)

[Credit Union Cherry Blossom Ten Mile](#), April 7, 2019, Washington, DC

\$65,000 in prize money (\$25,000 U.S. prize money) plus performance bonuses

Elite athlete contact: Bill Orr, (863) 533-0654, borr@cherryblossom.org

[Lilac Bloomsday Run 12K: The PRRO Championship](#), May 5, 2019, Spokane, WA

\$81,000 in prize money (\$20,000 U.S. prize money)

Elite athlete contact: Jon Neill, (509) 703-0025, jhneill@eahjlaw.com

**Qualified to compete for the \$10,000 PRRO Super Bonus at the 2019 PRRO Championship.*

To-date, PRRO Circuit events have produced 17 world and 17 U.S. road records, awarded more than \$7.4 million in prize money and seen more than 2.4 million runners cross their finish lines. In addition, since 1996, the PRRO Championship race has paid out more than \$1.8 million including \$148,500 in PRRO Circuit Championship bonus money.

The PRRO Circuit, a long-time pioneer and champion of a clean sport, has funded drug testing at its events since 2006. All Circuit events pay for elite athlete drug testing, and athletes who have served a drug-related suspension of two-years or longer are not eligible for travel and lodging expenses. During the 2017-18 season, more than 50 in-competition tests and an undisclosed number of pre-competition tests were conducted.

PRRO Championship and Circuit Year

The PRRO Circuit, launched in 1995, starts and finishes the Circuit Year at the same event that will also host the season-ending PRRO Championship race. The reigning titlists of the PRRO Championship and the event winners on the current Circuit are eligible to compete for the PRRO Super Bonus at the PRRO Championship.

Visit PRRO.org for more information, including its history and past champions, as well as how to join the PRRO Circuit.



Returning Age Group Champions

Age Group	Age	First name	Last name	Hometown
Men 20-24	21	Jimal	Yimer	Ethiopia
Men 45-49	45	Jason	Tripp	Elliott City, MD
Men 50-54	54	Frank	Perna	Bethesda, MD
Men 55-59	56	Mark	Neff	Derwood, MD
Men 60-64	63	Steven	Chantry	Williamsburg, VA
Men 65-69	65	Alan	Pemberton	Silver Spring, MD
Men 70-74	73	Jim	Noone	Fairfax, VA
Men 80-84	80	Carl	Vansant	Kansas City, MO
Men 85-89	86	George	Yannakakis	Towson, MD
Age Group	Age	First name	Last name	Hometown
Women 20-24	24	Buze	Diriba	Ethiopia
Women 35-39	35	Julia	Roman-Duval	Columbia, MD
Women 45-49	46	Perry	Shoemaker	Vienna, VA
Women 55-59	59	Jennifer	Teppo	Vancouver, WA
Women 65-69	65	Geri	Clifford	Rye, NH
Women 70-74	70	Nancy	Avitabile	Bethesda, MD
Women 75-79	76	Rosemary	Schwartzbard	Arlington, VA
Women 80-84	81	Imme	Dyson	Princeton, NJ



Photo: Bob Burgess

Top age-groupers mix it up with professionals during elite women's start.

5K Run-Walk

The Credit Union Cherry Blossom 5K Run-Walk is designed for individuals who don't wish to attempt 10 miles, or for walkers and relaxed-pace runners who feel they would take longer than 2 hours and 20 minutes to complete 10 miles. All 5K entrants receive the same amenities as the 10 miler participants, including the official race t-shirt, their overall times and places in the event, and post-race food and drink. All runners will be scored on net times. Only the first male and first female finisher will receive recognition; there will be no other 5K awards.



Photo: Team Maillat

Hibah Abuhamdieh, Athens, GA, was the first female to break the tape in the 2018 5K Run-Walk.



Photo: Team Maillat

Logan Yu, East Brunswick, NJ, was the first to cross the line in the 2018 5K Run-Walk.

Kids' Run

In 2017, the Credit Union Cherry Blossom Kids' Run, a 1/2 mile fun run for kids ages 4 to 10 moved to a new day and location — Saturday at the National Building Museum — and will enjoy standalone status again this year, with the first wave of kids setting off on their 1/2 mile journey at 9:30 am on Saturday, April 6.

This change was made to shine a spotlight on the Kids' Run and increase the focus on the charity for which credit unions and runners fundraise year-round— Children's Miracle Network Hospitals (CMN), including Children's National in Washington, DC. Since credit unions became the sponsors of the Credit Union Cherry Blossom Ten Mile Run in 2002, nearly \$9 million has been donated to CMN Hospitals.

Credit unions are the third largest contributor to CMN Hospitals in lifetime giving at \$185 million, and donated \$12.3 million in 2018 alone.

Packet pick-up for registered Kids' Run participants will take place on Friday, April 5 at the National Building Museum between 3:00 P.M. and 7:45 P.M. and Saturday, April 6 between 8:00 A.M. and 9:00 A.M. inside the Auditorium on the first floor of the National Building Museum.

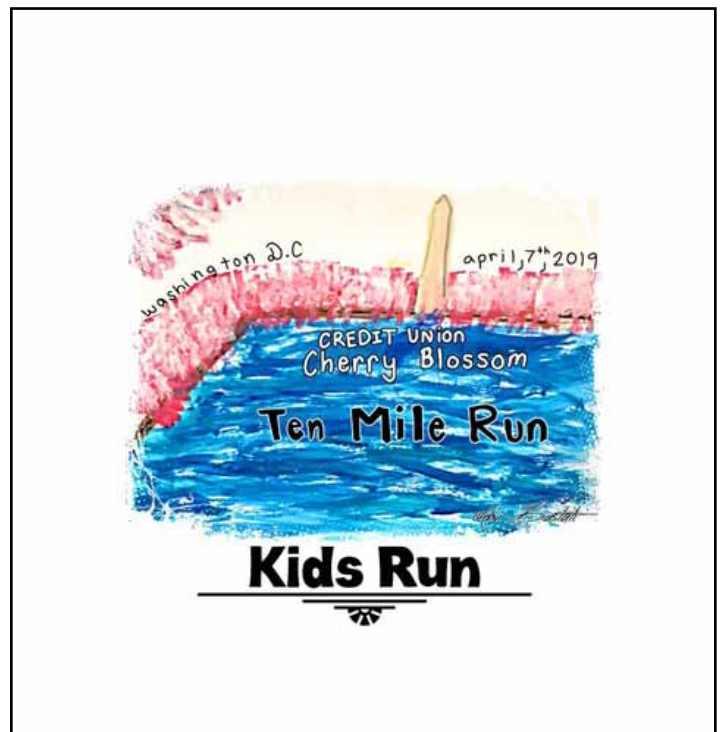
Registration is limited to 500, and the registration fee of \$10 includes a t-shirt. No times or places will be kept, but all finishers will receive a medal.

The Kids' Run will be run in single-age heats, beginning with the four-year-olds. The race is on an out-and-back course and is closely monitored by sentries, but parents are allowed to run with their children.

Pre-race games and activities start at 8:00 a.m. and the first wave of racers will start at 9:30 a.m. Kids will have the opportunity to meet Dr. Bear from Children's National Medical Center, a patient family, hospital representatives, as well as participate in fun fitness activities provided by Baroody Camps.



Ten-year-old Anvi Bastati designed this year's Kids' Run t-shirt.



Anvi's finger paint design

Health and Fitness Expo and Clinics

The Health and Fitness Expo will take place at the National Building Museum, 401 F Street, NW, between the hours of 3 – 8 p.m. on Friday, April 5, and 9 a.m. – 5 p.m. on Saturday, April 6.

In addition to race packet and t-shirt pick-up, the Health and Fitness Expo offers runners a chance to attend clinics, collect autographs, purchase official Credit Union Cherry Blossom apparel and merchandise, and visit sponsor and vendor exhibits. There will also be a complimentary Happy Hour from 5 p.m. until supplies run out on Friday evening.

2019 Credit Union Cherry Blossom Run Clinic Speakers include Deena Kastor, the 2004 Women's Olympic Marathon Bronze Medalist; Lisa Bentley, an 11-time Ironman Champion and cystic fibrosis survivor; 1982 Boston Marathon runner-up Dick Beardsley; and Sri Lankan Olympic hopeful Hiruni Wijayarathne.

Friday, April 5

4:00-4:50 p.m. – Deena Kastor talk
5:00-5:50 p.m. – Deena signs autographs*



Photo: Dan Kolansky

Mega-racer Michael Wardian, Arlington, VA, embraces two fans at the 2018 Health and Fitness Expo.

5:00-5:50 p.m. – Lisa Bentley talk
6:00-6:50 p.m. – Lisa signs autographs
6:00-6:50 p.m. – Dick Beardsley talk
7:00-7:50 p.m. – Dick signs autographs
8:00 p.m. – Expo closes

Saturday, April 6

11:00-11:50 a.m. – Michael Wardian talk
Noon-12:50 p.m. – Michael signs autographs

Noon-12:50 p.m. – Deena Kastor talk
1:00-1:50 p.m. – Deena signs autographs

1:00-1:50 p.m. – Dick Beardsley talk
2:00-2:50 p.m. – Dick signs autographs

2:00-2:50 p.m. – Lisa Bentley talk
3:00-3:50 p.m. – Lisa signs autographs

3:00-3:50 p.m. – Hiruni Wijayarathne gives tips on running the Credit Union Cherry Blossom Ten Mile

5:00 p.m. – Expo closes

*Deena will also have her own booth in the Health & Fitness Expo, where she will sell and sign her book *Let Your Mind Run: A Memoir of Thinking My Way to Victory*.



Photo: Team Mallet

Jeff Darman, George Banker and the late Henley Gabeau talked about what race directing was like in the "good old days" at the Health & Fitness Expo in 2017.

Honorary Race Chairs

The following distinguished honorary race co-chairs have aided in the success of the race. We look forward to their continued support.

Senator Tammy Baldwin
Senator Michael F. Bennet
Senator Roy Blunt
Senator Cory Booker
Senator John Boozman
Senator Mike Braun
Senator Sherrod Brown
Senator Richard Burr
Senator Maria Cantwell
Senator Ben Cardin
Senator Susan Collins
Senator Tom Cotton
Senator Mike Crapo
Senator Michael B. Enzi
Senator Dianne Feinstein
Senator Chuck Grassley
Senator Maggie Hassan
Senator Angus King
Senator Edward Markey
Senator Shelley Moore Capito
Senator Chris Murphy
Senator Rob Portman
Senator Jeanne Shaheen
Senator Thom Tillis
Senator Chris Van Hollen

Representative Rick W. Allen
Representative Mark Amodei
Representative Don Bacon
Representative Jim Banks
Representative Ami Bera
Representative Donald S. Beyer
Representative Andy Biggs
Representative Lisa Blunt Rochester
Representative Anthony Brown
Representative Ken Buck
Representative Cheri Bustos
Representative Ken Calvert
Representative Salud Carbajal
Representative Buddy Carter
Representative Matt Cartwright

Representative Sean Casten
Representative Gilbert Cisneros
Representative Steve Cohen
Representative Tom Cole
Representative Gerald Connolly
Representative Charles Crist
Representative Diana DeGette
Representative Suzan DelBene
Representative Mark DeSaulnier
Representative Lloyd Doggett
Representative Lois Frankel
Representative Virginia Foxx
Representative Mike Gallagher
Representative John Garamendi
Representative Sylvia Garcia
Representative Kay Granger
Representative Raul Grijalva
Representative Glenn Grothman
Representative Michael Guest
Representative Brett Guthrie
Representative Deb Haaland
Representative Andy Harris
Representative Vicky Hartzler
Representative Denny Heck
Representative French Hill
Representative Katie Hill
Representative James Himes
Representative George Holding
Representative Sheila Jackson Lee
Representative Eddie Bernice Johnson
Representative Raja Krishnamoorthi
Representative Ann McLane Kuster
Representative Doug Lamborn
Representative Brenda Lawrence
Representative Barbara Lee
Representative Zoe Lofgren
Representative Alan Lowenthal
Representative Sean Patrick Maloney
Representative Carolyn B. Maloney
Representative Doris Matsui
Representative Betty McCollum
Representative A. Donald McEachin
Representative James P. McGovern
Representative Jerry McNerney
Representative Mark Meadows
Representative Grace Meng

Representative Alex Mooney
Representative Seth Moulton
Representative Dan Newhouse
Representative Donald Norcross
Representative Ralph Norman
Representative Eleanor H. Norton
Representative Gary Palmer
Representative Jimmy Panetta
Representative Donald M. Payne, Jr.
Representative Collin Peterson
Representative Mark Pocan
Representative Katie Porter
Representative Ayanna Pressley
Representative Amata Radewagen
Representative Jamie Raskin
Representative Kathleen Rice
Representative Denver Riggleman
Representative John Rose
Representative Lucille Roybal-Allard
Representative Charles Albert “Dutch”
Ruppersberger III
Representative Bobby L. Rush
Representative John Rutherford
Representative Tim Ryan
Representative Adam Schiff
Representative Brad Schneider
Representative José E Serrano
Representative John Shimkus
Representative Albio Sires
Representative Abigail Spanberger
Representative Eric Swalwell
Representative Rashida Tlaib
Representative Paul Tonko
Representative Norma Torres
Representative Jefferson Van Drew
Representative Juan Vargas
Representative Marc Veasey
Representative Tim Walberg
Representative Jackie Walorski
Representative Michael Waltz
Representative Maxine Waters
Representative Bruce Westerman
Representative Roger Williams
Representative Steve Womack
Representative Rob Woodall

Capitol Hill Competition

The Capitol Hill Competition at the Credit Union Cherry Blossom Ten Mile started in 2002 and is organized for Members of Congress and their staff, who compete against each other within the broader Credit Union Cherry Blossom race. The Capitol Hill Competition is made possible by the support of the Congressional Federal Credit Union, the United States Senate Federal Credit Union, the Credit Union National Association (CUNA), and the National Association of Federal Credit Unions (NAFCU).

Out of the 55 Capitol Hill teams that competed in 2018, “**Heinrich Maneuver,**” representing Senator Martin Heinrich’s office prevailed among teams from the Senate in a time of 3:21:18; and “**Model Runners,**” representing the Congressional Budget Office was the fastest House team in 3:00:34. This year there will be 733 Capitol Hill Competition participants, and a total of 67 teams.. See Capitol Hill Records.

Team Name	Office
ALL IN For ALLRED	Congressman Colin Allred
Army Fellows	Congressman Joe Wilson
CaseWerk	Congressman Ed Case
Connecticut Fast Attack	Congressman Joe Courtney
Crows Of A Feather	Congressman Jason Crow
Dean Team	Congresswoman Madeleine Dean
Denny And The Jets	Congressman Denny Heck
DogGET Down To Business	Congressman Lloyd Doggett
First In The Nation	Congresswoman Ann McLane Kuster
Gott-To-Run	Congressman Josh Gottheimer
House Ag Dems	House Agriculture Committee
Its Goin Down Im Yellin Timber	Congressman Bruce Westerman
Nita’s Cheetahs	Congresswoman Nita Lowey
Progressive Runners	Congressman Ro Khanna
Reclaiming Our Time	House Financial Services Committee (Majority)
Reclaiming Our Time II	House Financial Services Committee (Majority)
Red White And Blumenauer	Congressman Earl Blumenauer
RINO Hunters	U.S. House of Representatives
Running For Congress	Congresswoman Doris Matsui
Smucker Sprinters	Congressman Lloyd Smucker
Team Aguilar	Congressman Pete Aguilar
Team CMR	Congresswoman Cathy McMorris Rodgers
Team Maloney	Congresswoman Carolyn Maloney
The Amazing Rice	Congresswoman Kathleen Rice
The Taxman Runneth	Joint Committee on Taxation
The Tedsters	Congressman Greg Walden
Veni Vidi Veasey	Congressman Marc Veasey
48-ers	Senator Kyrsten Sinema
All The King’s Men	Senator Angus S. King, Jr.
BlumenthAL Or Nothing	Senator Richard Blumenthal

Capitol Hill Competition

Bourne To Run	Senate Intelligence Committee
Cheddar Chasers	Senator Ron Johnson
DAINESger Zone	Senator Steve Daines
DAINESosaurus Rex	Senator Steve Daines
Green Hot Chile Peppers	Senator Martin Heinrich
Hard CORE	Senator Michael Bennet
Heinrich Maneuver	Senator Martin Heinrich
Hit Me With Your Best Schatz	Senator Brian Schatz
Legs Miserables	Senator Michael Bennet
Markey's On Your Left	Senator Ed Markey
Meep Meep	Senator Martin Heinrich
More Miles Than Fingers	Senator Jon Tester
Murphy's Lawmakers	Senator Chris Murphy
On Your Markey	Senator Ed Markey
Oxford Kamalas	Senator Kamala D. Harris
Pat's Posse	Senate Ag Majority
RED WHITE AND BLUementhal	Senator Richard Blumenthal
Run Fast Or Die	Senator Jeanne Shaheen
Run Johnson	Senator Ron Johnson
Running On Your Left	Senator Jeff Merkley
Schatz Through The Heart	Senator Brian Schatz
SENERGY	Senate Committee on Energy and Natural Resources
Sneaky Dianne	Senator Diane Feinstein
Team Bookin' It	Senator Cory Booker
Team Elizabeth WarRUN	Senator Elizabeth Warren
Team Kaine	Senator Tim Kaine
Team Murpheet	Senator Chris Murphy
Team Murray	Senator Patty Murray
Team Portman	Senator Rob Portman
The Bootleggers	Senators Maggie Hassan and Joe Manchin
The Whole Enchilada	Senator Martin Heinrich
Tread Wings	Senator Gary Peters
Virginia Is For Runners	Senator Mark R. Warner
A League Of Their Own Estimate	Congressional Budget Office
Model Runners	Congressional Budget Office
Team C...BO	Congressional Budget Office
The Other AOC	Architect of the Capitol

Charity Donations

Each year, the Credit Union Cherry Blossom Ten Mile Run in Washington, D.C. brings together credit unions from across the country with a shared vision of fundraising and helping children. One very effective fundraising program is the Charity Race Entry program.

With a field limit of 16,000 established by the National Park Service and selected by lottery in December, not everyone who wants to run is accepted through the lottery process. So, each year a limited number of Charity Race Entrants gain entry by raising a minimum of \$500 for the Children’s Miracle Network Hospitals.

2019 charity donations total \$400,000 to date.

The event also funds two \$5,000 Road Runners Club of America “Roads Scholar” grants designed to support up-and-coming U.S. distance running talent (<http://www.rrca.org/programs/roads-scholars/>).



Photo: Bob Burgess

Children’s Miracle Network Hospitals, the official event charity, is presented in 2018 with a \$380,000 check.

Event Sponsors



**Credit Union
Miracle Day**

Credit Union Miracle Day (CUMD) is a consortium of over 100 credit unions, credit union suppliers, and credit union supporters from across the country. CUMD serves as the title sponsor of the Credit Union Cherry Blossom Ten Mile Run

benefitting Children's Miracle Network Hospitals, an affiliation of children's hospitals throughout the country that treat millions of children each year. Nearly \$9 million has been donated to the Children's Miracle Network Hospitals since credit unions became the title sponsors of the event in 2002.

Each year, the Credit Union Cherry Blossom Ten Mile Run in Washington, D.C. brings together credit unions from across the country with a shared vision of fund raising and helping children – and driving awareness of the “credit union difference.” Not only will credit unions work together this year to support the Credit Union Cherry Blossom Ten Mile Run, but they will continue to work even harder to reach and support their own communities.

Other sponsors include Garmin, the presenting technology sponsor; and supporting sponsors E-Trade, Gatorade, Gold's Gym, Honey Stinger, Mamma Lucia, MedStar Sports Medicine, ParkMobile, Peet's Coffee, Potomac River Running, Suburban Solutions, Under Armour, and UPS.

Supporting Sponsors



Open and Age Group Records

Over the years, numerous 10-mile records have been set at the Credit Union Cherry Blossom 10 Mile Run — a total of 10 World records and 10 American records. None has lasted as long as the 46:13 time Greg Meyer ran in 1983; back then it was a World Record, and it is an American Record to this day.

Prior to the 2014 race, which served as both the USA Men's and Women's 10 Mile Championships, Meyer said: "While it's an honor to hold an American Record, it's time someone else owned it! My gosh, it's older than most of the Americans competing! I can't wait to see someone break it!"

Well, five years have passed, and Greg Meyer is still the American record holder. Perhaps 2019 will be the year his time is surpassed. Race organizers are offering \$10,000 each to the first man and/or woman to break the current American records.

Stay tuned for 2019 race results. In the meantime, take a look at the progression of various 10-mile records that have been set at Cherry Blossom since the inaugural race in 1973.

Year	Elite Men	World Record	American Record	Event Record
1973	Sam Bair			51:22
1974	Jack Mahurin			50:50
1976	Carl Hatfield			49:09
1978	Bill Rodgers			48:57
1979	Bill Rodgers			48:00
1980	Bill Rodgers			47:09
1983	Greg Meyer	46:13	46:13	46:13
1994	William Sigei			46:01
1995	Ismael Kirui	45:38		45:38
2011	Lelisa Desisa			45:36
2012	Allan Kiprono			45:15

Year	Elite Women	World Record (mixed race)	World Record (single sex*)	American Record (mixed race)	American Record (single sex*)	Event Record
1973	Kathrine Switzer					71:19
1974	Carol Fridley					62:41
1975	Julie Shea					59:55
1976	Julie Shea	57:04		57:04		57:04
1977	Julie Shea	56:08		56:08		56:08
1979	Aileen O'Connor			56:02		56:02
1980	Anne Sullivan			55:34		55:34
1983	Eleanor Simonsick					54:46
1985	Lisa Weidenbach					53:30

Open and Age Group Records

Year	Elite Women	World Record (mixed race)	World Record (single sex*)	American Record (mixed race)	American Record (single sex*)	Event Record
1986	Rosa Mota	53:09				53:09
1987	Lisa Martin	52:23				52:23
1989	Lisa Weidenbach			52:34		
1991	Jill Hunter					51:57
1995	Rose Cheruiyot	51:39				51:39
1998	Colleen De Reuck	51:16				51:16
2006	Lydia Grogoryeva		52:11			52:11
2006	Turena Johnson				55:42	
2007	Teyba Erkesso		51:44			51:44
2009	Sally Meyerhoff				54:38	
2013	Janet Bawcom				53:28	
2014	Janet Bawcom				52:12	

*In 2006, record keeping standards were changed to recognize the difference between women running with men in a mixed race, and women running in an all-women's race. Cherry Blossom race organizers implemented a 10-minute advanced start for women that year, and all subsequent women's World and American records have been set under this format.

While countless age group records have been set at the Credit Union Cherry Blossom 10 Mile Run over the years, the tables below list current age group event records for men and women. Looking ahead to the 2019 race, it's quite possible that 46-year-old Deena Kastor will break both the American age-group record (57:09) and the Cherry Blossom age-group record for 10 miles (56:33).

Credit Union Cherry Blossom Age Group Records

	Age Group Men	Time	Age	Year
40-44	Steve Jones	48:26	40	1996
45-49	Bill Rodgers	52:22	49	1997
50-54	Norm Green	52:53	50	1983
55-59	Jim O'Neill	54:25	56	1994
60-64	Norm Green	57:48	60	1993
65-69	John Hosner	1:02:47	65	1990
70-74	Charles Rose	1:06:35	70	2003
75-79	Ed Benham	1:12:13	76	1984
80-84	Ed Benham	1:13:23	81	1989
85-89	George Yannakakis	1:44:08	85	2017

	Age Group Women	Time	Age	Year
40-44	Priscilla Welch	53:51	42	1987
45-49	Priscilla Welch	56:33	46	1991
50-54	Joan Samuelson	1:00:52	52	2010
55-59	Joan Samuelson	1:03:55	59	2017
60-64	Joan Samuelson	1:07:56	60	2018

Open and Age Group Records

	Age Group Women	Time	Age	Year
65-69	Edie Severson	1:13:23	67	2017
70-74	Hedy Marque	1:22:58	73	1991
75-79	Hedy Marque	1:25:40	75	1993
80-84	Hedy Marque	1:31:24	80	1998
85-89	Hedy Marque	1:57:38	87	2005
90-94	Ruth Rothfarb	3:27:30	91	1993



Janet Bawcom setting the American record of 52:12
 2019 Credit Union Cherry Blossom Media Guide

Prize Money History

With the advent of Nike as title sponsor in 1984, \$13,400 in prize money was offered for the first time, paid equally to the top-seven men and women. In 1985, the total purse was increased to \$16,500, with equal allocation between men and women—a policy that remains in place today. From 1987—2008, the top-12 finishing places earned prize money; in 2009, the race went back to paying top-ten finishers only. In 2016, the Credit Union Cherry Blossom 10 Mile achieved the milestone of having distributed over \$1 million in prize money since 1984

The 2013 race also served as the USA 10 Mile Championship for women, and an additional \$14,400 was added to the prize purse to reward the top-ten American women finishers*. In 2014, the Credit Union Cherry Blossom 10 Mile Run served as both men's and women's USA 10 Mile Championships, and a total of \$28,800 was set aside for the top-ten American men and women finishers.

Even though neither men's nor women's USA 10 Mile Championships will be held in conjunction with the event this year, a total of \$25,000 from an "American Development" purse will be paid to the top-ten American men and women finishers. And, yes, American runners placing in the overall top-ten will be able to "double-dip" and collect both international and "American Development" prize money.

New this year is a separate prize purse of \$1,500, \$1,000, \$500 for the top three men and women eligible to compete for the RRCA Roads Scholar RunPro Alumni Challenge. See RRCA.

In addition to pay-for-place prize money, the event introduced bonuses for records set in 2007. This year a possible total of \$23,500 could be paid out to record-breaking runners, including as much as \$20,000 in American record bonuses if both men's and women's American records are set.

The tables below document the event's prize money and record bonus history. To limit the size of the tables, separate columns for men and women have been eliminated; given the fact that equal prize money has been paid to men and women since 1984, payment for place figures represent money paid to men or women (**except for 2013 as noted above and in the table below*).

Credit Union Cherry Blossom Prize Money

	International Purse	American Purse
2015-2018 Total Purse	\$40,000	\$25,000
First	\$8,000	\$5,000
Second	\$4,000	\$2,500
Third	\$2,000	\$1,500
Fourth	\$1,500	\$1,000
Fifth	\$1,000	\$800
Sixth	\$900	\$600
Seventh	\$800	\$400
Eighth	\$700	\$300
Ninth	\$600	\$200
Tenth	\$500	\$200
2014 Total Purse	\$41,000	\$28,800
First	\$8,000	\$5,000
Second	\$4,500	\$2,500
Third	\$2,000	\$2,000
Fourth	\$1,500	\$1,500
Fifth	\$1,000	\$1,000
Sixth	\$900	\$800
Seventh	\$800	\$600
Eighth	\$700	\$500
Ninth	\$600	\$300

Prize Money History

	International Purse	American Purse
Tenth	\$500	\$200
2013 Total Purse	\$41,000	\$14,400
First	\$8,000	\$5,000
Second	\$4,000	\$2,500
Third	\$2,000	\$2,000
Fourth	\$1,500	\$1,500
Fifth	\$1,000	\$1,000
Sixth	\$900	\$800
Seventh	\$800	\$600
Eighth	\$700	\$500
Ninth	\$600	\$300
Tenth	\$500	\$200

From 2009-2012, total prize money stayed constant at \$39,000, broken down as follows:

2009-2012	International Purse
Total Purse	\$39,000
First	\$7,500
Second	\$4,000
Third	\$2,000
Fourth	\$1,500
Fifth	\$1,000
Sixth	\$900
Seventh	\$800
Eighth	\$700
Ninth	\$600
Tenth	\$500

From 1984-2008, total prize money grew consistently from \$13,400 to 32,500:

1984-2008	Total Purse
2008	\$32,500
2007	\$32,000
2006	\$31,500
2005	\$31,000
2004	\$30,200
2003	\$29,500
2002	\$29,000
2001	\$28,500
2000	\$28,000

Prize Money History

1984-2008	Total Purse
1999	\$27,500
1998	\$27,000
1997	\$26,000
1996	\$26,000
1995	\$23,500
1994	\$23,000
1993	\$22,500
1992	\$22,000
1991	\$21,500
1990	\$21,000
1989	\$20,000
1988	\$19,500
1987	\$19,500
1986	\$18,700
1985	\$16,500
1984	\$13,400



Photo: Karen Mitchell

Stanley Kebenei, Oakland, CA, was all smiles after placing first in 2017.

Bonus Payment History

A schedule of record bonus payments was first introduced in 2007, with \$750 on offer to the first two men to run under 46:00 and the first two women to run under 52:00. In 2013 the sub-46:00 and sub-52:00 bonus payment schedule was changed to pay \$1,000 to the first man or woman to achieve their respective benchmarks, and \$750 to the second man or woman to do so.

In 2015, race organizers were forced to re-route the course between four and six miles due to an accident on the course that occurred about an hour prior to the start of the elite women's race. The exact distance was measured as 9.39 miles after the race – making it just a fraction over 15K. Nevertheless, race organizers decided to pay bonuses based on projected times, as shown in the table below.

Credit Union Cherry Blossom Open Time Bonus Payments

	Sub-46:00 Bonus	Sub-52:00 Bonus
2015		
Mary Wacera (51:45*)		\$1,000
Cynthia Jeretich Limo (51:46*)		\$750
2014		
Stephen Sambu (45:29)	\$1,000	
Daniel Salel (45:29)	\$750	
2012		
Allan Kiprono (45:15)	\$750	
2011		
Lelisa Desisa (45:36)	\$750	
Allan Kiprono (45:41)	\$750	
2010		
Stephen Tum (45:53)	\$750	
Lilisa Desisa (45:44)	\$750	
Lineth Chepkurui (51:51)		\$750
2009		
Ridouane Harroufi (45:56)	\$750	
Feyisa Liesa (45:58)	\$750	
2008		
Tebya Erkesso (51:44)		\$750

When the Credit Union Cherry Blossom Run first hosted the USA 10 Mile Championships for women in 2013, an American Record bonus of \$2,500 was offered. In 2014, when both men's and women's USA 10 Mile Championships were hosted, the \$2,500 American Record bonus was offered to both men and women.

Credit Union Cherry Blossom American Record Bonus Payments

	American Record Bonus
2014	
Janet Bawcom (52:12)	\$2500
2103	
Janet Bawcom (53:28)	\$2500

In 2015 race organizers introduced a \$10,000 American Record bonus (fastest time beating the U.S. men's 10-mile record of 46:13 or the U.S. women's-only record of 52:12), to be split equally if both records are broken. In 2017, race organizers added an additional \$10,000 to the American record bonus pool, doing away with the split bonus if both men's and women's records are broken in the same race.

Past Winners' Notable Accomplishments

Over the years, a victory at the Credit Union Cherry Blossom Run has proven to be a stepping stone to success at the Boston Marathon shortly thereafter. And some Cherry Blossom victors have gone on to Olympic success in the same year. The table below lists Cherry Blossom winners who have distinguished themselves at the Boston Marathon and/or Olympic Games.

Boston Marathon Champions

Name	Country	Won Cherry Blossom	Won Boston
Men			
Bill Rodgers	USA	'78, '79, '80, '81	'75, '78, '79, '80
Greg Meyer	USA	'83	'83
Lelisa Desisa	ETH	'11	'13, '15
Name	Country	Won Cherry Blossom	Won Boston
Women			
Rosa Mota	POR	'84, '86	'87, '88, '90
Lisa Weidenbach	USA	'85, '89, '90	'85
Lidiya Grigoreyeva	RUS	'06	'07
Teyba Erkesso	ETH	'07	'10
Caroline Rotich	KEN	'13	'15

Olympic Medalist

Name	Country	Won Cherry Blossom	Medal	Event
Rosa Mota	POR	'84	3rd, '84; 1st, '88	Marathon
Richard Chelimo	KEN	'92	2nd, '92	10,000m
Lisa Martin	AUS	'97	2nd, '88	Marathon
Elana Meyer	RSA	'01	2nd, '92	10,000
Isabella Ochichi	KEN	'04	2nd, '04	5,000m



It's hard to compete with Bill Rodgers' four Cherry Blossom and four Boston Marathon wins, but Rosa Mota's three Boston wins and two Olympic medals may take the prize.

Capitol Hill Records

The Capitol Hill Competition at the Credit Union Cherry Blossom Ten Mile started in 2002 and is organized for Members of Congress and their staffs, who compete against each other within the broader Credit Union Cherry Blossom race. It is sponsored by the Congressional Federal Credit Union and the United States Senate Federal Credit Union, with support from the Credit Union National Association and the National Association of Federally-insured Credit Unions.

Out of 55 Capitol Hill teams that competed in 2018, “Heinrich Maneuver” prevailed among teams from the Senate in a time of 3:21:18; and “Model Runners” was the fastest House team in 3:00:34 (times listed represent the sum total of the three fastest times among ll team members).

The table below lists the winning Senate and House of Representatives teams since 1998:

Winning Senate and House Teams

Senate Teams		House Teams	
Team Name/Office	Time	Team Name/Office	Time
2018			
Heinrich Maneuver Senator Martin Heinrich	3:21:18	Model Runners Congressional Budget Office	3:00:34
2017			
All the Kings Men Senator Angus King	3:21:35	Red, White and Blumenauer Representative Earl Blumenauer	3:18:15
2016			
Carper Diem Senator Tom Carper	3:21:21	Red, White and Blumenauer Representative Earl Blumenauer	3:18:43
2015			
Carper Diem Senator Tom Carper	3:13:58	Red, White and Blumenauer Representative Earl Blumenauer	3:06:42
2014			
Minnesota Nice and Fast Senator Amy Klobuchar	3:23:46	White Cheddar Shredders Representative Peter Welch	3:23:50
2013			
Foreign Relaytions Senate Energy Committee	3:30:03	Red, White and Blumenauer Representative Earl Blumenauer	3:18:24
2012			
Too Extreme for Colorado Senator Michael Bennet	3:21:14	Red, White and Blumenauer Representative Earl Blumenauer	3:31:38
2011			
Running Back Home Again Senator Richard Lugar	3:35:36	Red, White and Blumenauer Representative Earl Blumenauer	3:46:23
2010			
Team Frenzi Senator Michael Enzi	3:39:32	Stark Running Mad Representative Peter Stark	3:42:56

Capitol Hill Records

Senate Teams		House Teams	
Team Name/Office	Time	Team Name/Office	Time
2009			
Run Io-way With Me Senate Agriculture Committee	3:54:01	Markey's Glacial Pacers Representative Edward Markey	3:31:15
2008			
Ken's Salad Bar Senator Ken Salazar	3:26:43	Red, White and Blumenauer Representative Earl Blumenauer	3:43:03
2007			
Crapo Couch Potatoes Senator Mike Crapo	3:25:03	Project Blue Hen Representative Mike Castle	3:46:46
2006			
Crapo Couch Potatoes Senator Mike Crapo	3:30:37	Green Milers Representative Mark Green	3:15:48
2005			
Team Frenzi Senator Michael Enzi	3:49:51	Green Milers Representative Mark Green	3:25:15
2004			
Couch Potatoes Senator Mike Crapo	3:07:28	The Green Monsters Representative Mark Green	3:51:37
2003			
Murray's Milers Senator Patty Murray	3:40:37	Team Ryan Representative Tim Ryan	3:49:52
2002			
Murray's Milers Senator Patty Murray	3:28:34	Dancing Homers	3:57:26



Congressional Federal Credit Union supports the Capitol Hill Competition
2019 Credit Union Cherry Blossom Media Guide

All-Time Champions

Ten Mile Run

On his first trip to America, 21-year-old Jemal Yimer broke away from a dwindling lead group in the last mile of the 2018 Credit Union Cherry Blossom Ten Mile Run to win the race in a time of 46:17. His compatriot Buze Diriba won the women's race in 53:45 after finishing second here the past two years. On a fine day, with the cherry blossoms in full bloom, record times eluded both Yimer and Diriba in the city's 46th "Runner's Rite of Spring."

In 2016, weather conditions for the event were less than ideal, with temperatures in the mid-30s and winds gusting up to 40 miles per hour during the race, thus slowing all runners' times considerably. For the first time in 10 years, the elite women started with the men, and surely benefited from running in the larger pack.

In 2015, race organizers were forced to re-route the course between four and six miles due to an accident on the course that occurred about an hour prior to the start of the elite women's race. The exact distance was measured as 9.39 miles after the race – making it just a fraction over 15K. The times listed in the table below for 2015 represent projected 10-mile finish times; Stephen Sambu ran 43:20 for 9.39 miles, while Mary Wacera ran 48:35.

Year	Male Winner	Time	Female Winner	Time
2018	Jemal Yimer	46:17	Buze Diriba	53:45
2017	Stanley Kebenei	46:36	Hiwot Gebrekidan	53:37
2016	Sam Chelanga	48:26	Veronica Nyaruai Wanjiru	53:12
2015	Stephen Sambu – Kenya	46:10	Mary Wacera – Kenya	51:45
2014	Stephen Sambu – Kenya	45:29	Mamitu Daska – Ethiopia	52:05
2013	Daniel Salel– Kenya	46:06	Caroline Rotich – Kenya	52:46
2012	Allan Kiprono – Kenya	45:15	Julliah Tenega – Kenya	54:02
2011	Lelisa Desisa – Ethiopia	45:36	Julliah Tenega – Kenya	54:02
2010	Stephen Tum – Kenya	45:43	Lineth Chepkurui – Kenya	51:51
2009	Ridouane Harroufi – Morocco	45:46	Lineth Chepkurui – Kenya	53:32
2008	Ridouane Harroufi	46:14	Lineth Chepkurui – Kenya	54:21
2007	Tadesse Tola – Ethiopia	46:01	Tebya Erkesso – Ethiopia	51:44
2006	Gilbert Okari – Kenya	47:24	Lidiya Grigoryeva – Russia	52:11
2005	John Korir – Kenya	46:53	Nuta Olaru – Romania	52:00
2004	Nelson Kiplagat – Kenya	48:12	Isabella Ochichi – Kenya	52:06
2003	John Korir – Kenya	46:55	Olga Romanova – Russia	53:42
2002	Reuben Cheruiyot – Kenya	47:13	Luminita Talpos – Romania	52:50
2001	John Korir – Kenya	46:12	Elana Meyer – South Africa	52:15
2000	Reuben Cheruiyot – Kenya	46:07	Teresa Wanjiku – Kenya	55:50
1999	Worku Bikila – Ethiopia	46:59	Jane Omoro – Kenya	53:37
1998	Simon Rono – Kenya	45:51	Colleen De Reuck – South Africa	51:16
1997	Peter Githuka – Kenya	46:29	Valentina Yegorova – Russia	54:28
1996	Lazarus Nyakeraka – Kenya	46:49	Joan Nesbit – USA	53:25
1995	Ismael Kirui – Kenya	45:38	Rose Cheruiyot – Kenya	51:39
1994	William Sigei – Kenya	46:01	Helen Chepngeno – Kenya	54:05
1993	William Sigei – Kenya	46:29	Judi St. Hilaire – USA	52:27
1992	Richard Chelimo – Kenya	47:06	Albina Galliamova – Russia	53:44
1991	Carl Thackery – Great Britain	46:25	Jill Hunter – Great Britain	51:57

All-Time Champions

Year	Male Winner	Time	Female Winner	Time
1990	Chris Fox – USA	47:06	Lisa Weidenbach – USA	53:28
1989	Brian Sheriff – Zimbabwe	46:43	Lisa Weidenbach – USA	52:34
1988	J.P. Ndaysenga – Belgium	47:33	Anne Audain – New Zealand	52:36
1987	Jon Sinclair – USA	46:48	Lisa Martin – Australia	52:23
1986	Thom Hunt – USA	46:15	Rosa Mota – Portugal	53:09
1985	Simeon Kigen – Kenya	46:24	Lisa Weidenbach – USA	53:30
1984	Simeon Kigen – Kenya	47:25	Rosa Mota – Portugal	54:16
1983	Greg Meyer – USA	46:13	Eleanor Simonsick – USA	54:46
1982	Terry Baker – USA	49:29	Eleanor Simonsick – USA	58:16
1981	Bill Rodgers – USA	47:17	Laurie Binder – USA	56:44
1980	Bill Rodgers	47:09	Anne Sullivan – USA	55:34
1979	Bill Rodgers – USA	48:00	Aileen O’Connor – USA	56:02
1978	Bill Rodgers – USA	48:57	Jenifer White – USA	56:35
1977	Dan Rincon – USA	49:44	Julie Shea – USA	56:08
1976	Carl Hatfield – USA	49:09	Julie Shea – USA	57:04
1975	Carl Hatfield – USA	51:47	Julie Shea – USA	59:55
1974	Jack Mahurin – USA	50:50	Carol Fridley – USA	1:02:41
1973	Sam Bair – USA	51:22	Kathrine Switzer – USA	1:11:19

5K Run-Walk

While the idea of having a “fun run” traces all the way back to the first event in 1973, when the fun run was two miles long, it wasn’t until 2006 that the 5K Run-Walk was upgraded from an untimed run to a fully timed and scored event.

Year	Male Winner	Time	Female Winner	Time
2018	Logan Yu	16:05	Hibah Abuhamdich	20:24
2017	Iber Gonzales Vidals	17:58	Lisa Gallagher	21:15
2016	Sylvain Clarenne (30)	18:31	Melanie Nakagawa (35)	22:47
2015	Dylan Eddinger (18)– Bally, PA	17:02	Ashley Kollme (32)– Washington, DC	18:29
2014	Nathan Davis (13) – Frederick, MD	17:58	Jessica McGuire (33) – Arlington, VA	20:34
2013	Nathan Davis (12) – Frederick, MD	17:22	Maggie Brill (36) – Pottstown, PA	19:43
2012	Barry Fischer (27) – Washington, DC	17:27	Win Persina (52) – Washington, DC	20:36
2011	Luke Holman (27) – McLean, VA	17:07	Nilda Cruz-Acevedo (47) – Laurel, MD	19:07
2010	Mitchell Lango (26) – Washington, DC	18:32	Britton Miller (30) – Arlington, VA	19:03
2009	Eric Sonnenschein (35) – Washington, DC	19:17	Marjorie Censer (26) – Arlington, VA	21:05
2008	Guy Cipolla (30) – Elmendorf AFB, AK	18:00	Erin Burlovich (27) – Chevy Chase, MD	21:34
2007	Daniel Bennett (36) – Dunkirk, MD	18:37	Erin Burlovich (26) – Chevy Chase, MD	20:42
2006	Michael Stanton-Geddes (24) – Washington, DC	17:54	Mary Margaret Peter (15) – Virginia Beach, VA	21:48

Donations to Children's Miracle Hospitals

Credit Union Miracle Day, Inc. has been the organization behind the title sponsorship of the Credit Union Cherry Blossom Ten Mile Run since 2002. Dedicated to fundraising to benefit Children's Miracle Network Hospitals, the fundraising effort has generated nearly \$9 million dollars to date.



The annual big check presentation in 2010 was for \$858,684



Title Sponsor History

1973 – The race debuts as the *Acacia Cherry Blossom Invitational Run*, thanks to Acacia Mutual Life.

1974 – The race name is changed to *Acacia Cherry Blossom Classic*, and the entry fee is dropped for the ten-miler, a tradition that would last for twenty years.

1977 – Union First Bank of Washington replaces Acacia Mutual Life as title sponsor.

1978 – Perrier becomes the new title sponsor and brings four-time winner-to-be Bill Rodgers along with them.

1984 – Nike replaces Perrier as title sponsor, bringing with it \$13,400 in prize money.

1991 – After seven years as title sponsor, Nike turns the top role over to Northern Telecom, a major telecommunications company which had just recently opened a World Headquarters in the Washington, DC metropolitan area. Under Northern Telecom the prize money grows to \$21,500, the largest purse ever.

2002 – After an 11-year run as title sponsor, Nortel Networks steps down – its sponsorship a victim of the collapse of the internet bubble. Greg Farmer, Nortel's Senior VP Global Government and Community Relations, says, "I do not believe that any other sponsorship has provided Nortel with such a high profile with Washington policy-makers." By the end of the summer, a group of approximately 40 Credit Unions, mostly from the Washington, DC Metropolitan area, forms an organization called the "Credit Union Miracle Day Committee," and signs on. It is a win-win situation as the event helps the Credit Unions raise nearly \$100,000 for the Children's Miracle Network and hundreds of Credit Union employees and members sign up as volunteers.

To this day, Credit Union Miracle Day remains the collaborating group behind the sponsorship of *Credit Union Cherry Blossom Ten Mile Run*. Their fundraising efforts have resulted in over \$9 million being donated to Children's Miracle Network Hospitals across the United States. Fundraising in 2018 totaled \$380,000 (did not include the Credit Union Sac Town Run).



Race Director History

1973 — Gar Williams and Ralph Reynolds

1974 — 1982 Jeff Darman and Ed Murray

1982 — 1988 Jeff Darman, Race Director

1988 — 1990 Jeff Darman, Race Director and Phil Stewart, Deputy Race Director

1991 — present Phil Stewart, Race Director

2005 — 2011 Irv Newman, Deputy Race Director

2012 — present Becky Lambros, Deputy Race Director



Becky Lambros, Deputy Race Director



Phil Stewart, Race Director

Les Kinion Award

By trade, Les Kinion was a Baltimore fire fighter with Engine Company 43. By passion, he was first a runner and then a running club officer and race director. In 1970, Les co-founded the Baltimore Road Runners Club, one of the earliest chapters of the Road Runners Club of America. In 1973 he helped launch the first Maryland Marathon. After retiring in 1986, Les moved to Bishopville, MD and worked on hundreds of races on the Maryland-Delaware Coast. He became involved with the Cherry Blossom Run over 20 years ago, and was active until he passed away in July 2014 at the age of 78.

In 2015, race organizers established the Les Kinion Outstanding Service Award, which was awarded to former Deputy Race Director Irv Newman. In 2016, longtime Logistics Coordinator, George Tarrico won the award. In 2017, longtime Volunteer Coordinator Michelle Carter was recognized for her many contributions. And in 2018, Jean Arthur was awarded the Les Kinion Outstanding Service Award in recognition of her 20 years of service to the event. Press releases about Irv, George, Michelle and Jean can be found in the archives at: <http://www.cherryblossom.org/aboutus/pr2017.php>

In announcing the 2018 Les Kinion Outstanding Service Award winner, Jean Arthur, Race Director Phil Stewart said:

“Les Kinion was very much at the heart and soul of the Cherry Blossom race committee for over 20 years.” “He coordinated the screen printing of the t-shirts, packaged and delivered over 150 separate packets for committee members and others, and worked all race weekend long – always with a smile and effusive spirit that rejuvenated even the most tired among us. There wasn’t a single thing that Les wouldn’t do to help out the race.”

“This year’s Kinion Award recipient, Jean Arthur, has been as essential to the Credit Union Cherry Blossom Run as the water and Gatorade she has served to our participants for the last 20 years. Jean oversees a corps of water stop captains who get up before 4:00 a.m. on race day year after year largely due to the loyalty and respect she has earned from each and every one of them.”



Photo: Dennis Steinauer

Event Director Phil Stewart Presents Jean Arthur with the Les Kinion Award. Arthur has coordinated all of the water stops on the course for 20 years.

2018 Elite Athlete Results

OPEN AWARD WINNERS

1	Jemal Yimer,21,Ethiopia,ETH	46:17	\$8,000	1	Buze Diriba,24,Ethiopia,ETH	53:45	\$8,000
2	Aweke Ayalew Yimer,25,Bahrain,BRN	46:22	\$4,000	2	Hiwot Gebrekidan,22,Ethiopia,ETH	53:48	\$4,000
3	Philip Langat,27,Kenya,KEN	46:25	\$2,000	3	Hiwott Yemer,28,Ethiopia,ETH	53:51	\$2,000
4	James Kibet,29,Kenya,KEN	46:36	\$1,500	4	Alemitu Hawi,21,Ethiopia,ETH	53:53	\$1,500
5	Chris Derrick,27,Portland,OR	46:53	\$1,000	5	Diane Nukuri,33,USA	53:56	\$1,000
6	Edwin Kibichiy,26,Kenya,KEN	46:55	\$900	6	Vicoty Chepngeno,24,Kenya,KEN	53:59	\$900
7	Mohamed Hrezi,26,Libya,LBY	46:58	\$800	7	Emma Bates,25,Boise,ID	54:45	\$800
8	Abbabiya Simbassa,24,Colorado Springs,CO	47:04	\$700	8	Bethany Sachtleben,26,Alexandria,VA	54:59	\$700
9	Matthew McClintock,24,Blowing Rock,NC	47:10	\$600	9	Samantha Bluske,26,Toledo,OH	55:19	\$600
10	Andrew Colley,27,Blowing Rock,NC	47:12	\$500	10	Aliphine Tuliamuk,29,Flagstaff,AZ	55:43	\$500
11	Julius Kogo,32,Kenya,KEN	47:12		11	Sydney Devore,26,Lakeland,FL	55:44	
12	Daniel Salel,27,Kenya,KEN	47:12		12	Katy Moen,25,St. Paul,MN	56:04	
13	Josh Izewski,27,Blowing Rock,NC	47:26		13	Lindsay Flanagan,27,Louisville,CO	56:30	
14	Isaac Mukundi,30,Kenya,KEN	47:47		14	Amanda Marino,28,Asbury Park,NJ	57:13	
15	Panuel Mkungo,24,Kenya,KEN	47:48		15	Anna Farello,23,Muncie,IN	57:28	
16	Philemon Cheboi,24,Kenya,KEN	47:54		16	Susan Tanui,31,Colorado Springs,CO	57:30	
17	Tyler McCandless,31,Boulder,CO	48:34		17	Anna Weber,29,Indianapolis,IN	57:35	
18	Kiya Dandena,28,Flagstaff,AZ	48:37		18	Mercy Cheruiyot,28,Kenya,KEN	58:29	
19	Tesfaalem Mehari,22,Ethiopia,ETH	48:41		19	Julia Roman-Duval,35,Columbia,MD	58:46	
20	Clement Langat,26,Kenya,KEN	48:49		20	Caroline Williams,25,Westfield,NJ	58:49	
21	John Crain,25,Blowing Rock,NC	49:16		21	Erika Fluehr,24,New York,NY	58:50	
22	Luke Puskedra,28,Eugene,OR	49:28		22	Perry Shoemaker,46,Vienna,VA	58:56	
23	Mark Leininger,27,Colts Neck,NJ	49:30		23	Susanna Sullivan,27,Reston,VA	59:09	
24	Tyler Jermann,25,Saint Paul,MN	49:50		24	Teal Burrell,32,Richmond,VA	59:36	
25	John Gathaiya,22,Kenya,KEN	50:13		25	Rochelle Basil,27,Fairfax,VA	59:55	

USA MEN'S AWARD WINNERS

1	Chris Derrick,27,Portland,OR	46:53	\$5,000
2	Abbabiya Simbassa,24,Colorado Springs,CO	47:04	\$2,500
3	Matthew McClintock,24,Blowing Rock,NC	47:10	\$1,500
4	Andrew Colley,27,Blowing Rock,NC	47:12	\$1,000
5	Josh Izewski,27,Blowing Rock,NC	47:26	\$800
6	Tyler McCandless,31,Boulder,CO	48:34	\$600
7	Kiya Dandena,28,Flagstaff,AZ	48:37	\$400
8	John Crain,25,Blowing Rock,NC	49:16	\$300
9	Luke Puskedra,28,Eugene,OR	49:28	\$200
10	Mark Leininger,27,Colts Neck,NJ	49:30	\$200

USA WOMEN'S AWARD WINNERS

1	Diane Nukuri,33,USA	53:56	\$5,000
2	Emma Bates,25,Boise,ID	54:45	\$2,500
3	Bethany Sachtleben,26,Alexandria,VA	54:59	\$1,500
4	Samantha Bluske,26,Toledo,OH	55:19	\$1,000
5	Aliphine Tuliamuk,29,Flagstaff,AZ	55:43	\$800
6	Sydney Devore,26,Lakeland,FL	55:44	\$600
7	Katy Moen,25,St. Paul,MN	56:04	\$400
8	Lindsay Flanagan,27,Louisville,CO	56:30	\$300
9	Amanda Marino,28,Asbury Park,NJ	57:13	\$200
10	Anna Farello,23,Muncie,IN	57:28	\$200

TOP LOCAL FINISHERS

1	Clint McKelvey,26,Washington,DC	50:14	0.8760	PRRO Trip
1	Bethany Sachtleben,26,Alexandria,VA	54:59	0.8976	PRRO Trip

WHEELCHAIR FINISHERS

1	John Payne,38,Germantown,TN	1:08:06	0.6585
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2018 Age Group Results

MEN

Pl	Name, Age, Hometown	Official Time	Age Graded	Pl	Name, Age, Hometown	Official Time	Age Graded
AGES 01-19							
1	Alex Arking, 18, Potomac, MD	58:36	0.7516	AGES 50-54			
2	Bennett Wasch, 17, Annapolis, MD	58:46	0.7552	1	Frank Perna, 54, Bethesda, MD	1:01:40	0.8270
3	Jeremy Dovin, 14, Akron, PA	59:19	0.7828	2	Mario Zuniga, 53, Front Royal, VA	1:01:50	0.8175
AGES 20-24							
1	Jemal Yimer, 21, Ethiopia, ETH	46:17	0.9508	3	Akintunde Morakinyo, 54, Columbia, MD	1:03:24	0.8043
2	Abbabiya Simbassa, 24, Colorado Springs, CO	47:04	0.9352	4	Thomas Jensen, 54, Oakton, VA	1:03:28	0.8036
3	Matthew McClintock, 24, Blowing Rock, NC	47:10	0.9331	5	Ian Clements, 53, Alexandria, VA	1:05:06	0.7766
4	Panuel Mkungo, 24, Kenya, KEN	47:48	0.9207	AGES 55-59			
5	Philemon Cheboi, 24, Kenya, KEN	47:54	0.9187	1	Mark Neff, 56, Derwood, MD	59:52	0.8674
AGES 25-29							
1	Aweke Ayalew Yimer, 25, Bahrain, BRN	46:22	0.9492	2	Jim Zoldy, 55, Goshen, CT	1:01:43	0.8337
2	Philip Langat, 27, Kenya, KEN	46:25	0.9483	3	David Haaga, 56, Rockville, MD	1:03:26	0.8186
3	James Kibet, 29, Kenya, KEN	46:36	0.9445	4	Stephen Crelli, 58, Pittsburgh, PA	1:03:47	0.8291
4	Chris Derrick, 27, Portland, OR	46:53	0.9387	5	Steve Koch, 57, Shillington, PA	1:05:26	0.8007
5	Edwin Kibichiy, 26, Kenya, KEN	46:55	0.9381	AGES 60-64			
AGES 30-34							
1	Julius Kogo, 32, Kenya, KEN	47:12	0.9328	1	Stephen Chantry, 63, Williamsburg, VA	1:04:51	0.8548
2	Isaac Mukundi, 30, Kenya, KEN	47:47	0.9208	2	Marvin Pace, 64, Mclean, VA	1:05:11	0.8587
3	Tyler McCandless, 31, Boulder, CO	48:34	0.9061	3	David Andrews, 61, Bethesda, MD	1:06:55	0.8126
4	Jeffrey Stein, 31, Washington, DC	50:19	0.8746	4	Bill Raabe, 63, Washington, DC	1:08:02	0.8148
5	Pardon Ndhlovu, 30, Zimbabwe, ZIM	50:25	0.8728	5	Bob Deak, 63, Burke, VA	1:08:48	0.8058
AGES 35-39							
1	Kevin Pool, 35, Napa, CA	51:16	0.8639	AGES 65-69			
2	Girma Bedada, 37, Potomac, MD	53:40	0.8315	1	Alan Pemberton, 65, Silver Spring, MD	1:09:41	0.8113
3	Nick Klastava, 35, Perry Hall, MD	54:44	0.8092	2	Terry McCluskey, 69, Vienna, OH	1:11:06	0.8276
4	Marty McCormick, 37, Arlington, VA	56:47	0.7860	3	Charles Morrow, 65, Littleton, CO	1:11:21	0.7923
5	Timothy Greszler, 39, Bethesda, MD	57:34	0.7834	4	Paul Ryan, 67, Arlington, VA	1:12:18	0.7976
AGES 40-44							
1	Brock Butler, 40, Chester Springs, PA	53:04	0.8553	5	Harrison Grayson, 66, Upper Marlboro, MD	1:14:12	0.7694
2	Michael Wardian, 43, Arlington, VA	53:54	0.8620	AGES 70-74			
3	David Wertz, 42, Springfield, VA	54:13	0.8500	1	Jim Noone, 73, Fairfax, VA	1:13:51	0.8357
4	Bryan Glass, 44, Springfield, IL	54:52	0.8537	2	Joe Bissell, 70, Redding, CA	1:21:31	0.7294
5	Aaron Church, 42, South Riding, VA	55:18	0.8334	3	David Duff, 70, Toms River, NJ	1:25:31	0.6953
AGES 45-49							
1	Jason Tripp, 45, Ellicott City, MD	58:21	0.8092	4	Michael Kent, 71, Lewistown, MT	1:25:53	0.7003
2	Noah Zaring, 46, Washington, DC	58:30	0.8140	5	Barry Bupp, 70, Greensburg, PA	1:26:24	0.6881
3	Mick Brown, 45, Nashville, TN	58:48	0.8030	AGES 75-79			
4	Shane Streufert, 46, Viera, FL	59:03	0.8063	1	Bill Sollers, 78, Silver Spring, MD	1:39:20	0.6772
5	Sean Hicks, 45, Manassas Park, VA	59:44	0.7906	2	Louis Garczynski, 78, Sterling, VA	1:46:52	0.6294
AGES 80-84							
1	Carl Vansant, 80, Kansas City, MO	1:48:54	0.6457	3	Earle Fingerhut, 75, Potomac, MD	1:52:00	0.5682
2	Ken Quincy, 80, Vienna, VA	1:57:01	0.6009	4	Mike Mangan, 76, Missouri City, TX	1:56:44	0.5546
AGES 85-99							
1	George Yannakakis, 86, Towson, MD	1:51:06	0.7553	5	John Ford, 77, Clarksburg, MD	1:57:37	0.5607

2018 Age Group Results

WOMEN

PI	Name, Age, Hometown	Official Time	Age Graded	PI	Name, Age, Hometown	Official Time	Age Graded
AGES 01-19				AGES 50-54			
1	Rachel Shoemaker, 17, Vienna, VA	1:09:34	0.7163	1	Mimi Fallon, 52, Walpole, MA	1:05:07	0.8832
2	Leah Kannan, 15, Bethesda, MD	1:15:45	0.6840	2	Kelly Brown, 54, Ashburn, VA	1:08:26	0.8613
3	Alex Oskuie, 18, Vienna, VA	1:16:33	0.6448	3	Anne Treadwell, 50, Burlington, VT	1:09:10	0.8116
AGES 20-24				4	Lydia Pelliccia, 50, Washington, DC	1:12:29	0.7744
1	Buze Diriba, 24, Ethiopia, ETH	53:45	0.9183	5	Anita Freres, 53, Vienna, VA	1:13:22	0.7934
2	Hiwot Gebrekidan, 22, Ethiopia, ETH	53:48	0.9173	AGES 55-59			
3	Alemitu Hawi, 21, Ethiopia, ETH	53:53	0.9159	1	Jennifer Teppo, 59, Vancouver, WA	1:09:16	0.9079
4	Vicoty Chepngeno, 24, Kenya, KEN	53:59	0.9142	2	Nina Caron, 58, Newbury, MA	1:09:23	0.8943
5	Anna Farello, 23, Muncie, IN	57:28	0.8589	3	Martha Merz, 55, Alexandria, VA	1:12:22	0.8248
AGES 25-29				4	Margarita Brose, 55, Arlington, VA	1:14:46	0.7984
1	Hiwott Yemer, 28, Ethiopia, ETH	53:51	0.9166	5	Jean Norton, 55, Wurtsboro, NY	1:14:54	0.7971
2	Emma Bates, 25, Boise, ID	54:45	0.9016	AGES 60-64			
3	Bethany Sachtleben, 26, Alexandria, VA	54:59	0.8976	1	Joan Samuelson, 60, Freeport, ME	1:07:56	0.9383
4	Samantha Bluske, 26, Toledo, OH	55:19	0.8922	2	Amy Subar, 62, Potomac, MD	1:16:23	0.8578
5	Aliphine Tuliamuk, 29, Flagstaff, AZ	55:43	0.8860	3	Sidney Letendre, 63, Florence, MA	1:18:07	0.8505
AGES 30-34				4	Jeanne Lapierre, 61, North Granby, CT	1:18:17	0.8254
1	Diane Nukuri, 33, USA	53:56	0.9193	5	Catherine Baker, 61, Bethesda, MD	1:20:40	0.8011
2	Susan Tanui, 31, Colorado Springs, CO	57:30	0.8592	AGES 65-69			
3	Teal Burrell, 32, Richmond, VA	59:36	0.8302	1	Geri Clifford, 65, Rye, NH	1:20:20	0.8511
4	Jennifer Paul, 30, Washington, DC	59:54	0.8243	2	Linda Jennings, 65, Tewksbury, MA	1:21:55	0.8346
5	Caitlyn Tateishi, 31, Washington, DC	1:00:35	0.8156	3	Dee Boeck, 68, Lawrence, KS	1:24:35	0.8452
AGES 35-39				4	Sue Humphries, 68, Sedona, AZ	1:25:26	0.8369
1	Julia Roman-Duval, 35, Columbia, MD	58:46	0.8483	5	Diane Kukich, 66, Newark, DE	1:25:43	0.8095
2	Sarah Bishop, 35, Fairfax, VA	59:39	0.8357	AGES 70-74			
3	Karina Lubell, 37, Washington, DC	1:02:39	0.8019	1	Nancy Avitabile, 70, Bethesda, MD	1:31:17	0.8078
4	Jessica McGuire, 37, Arlington, VA	1:03:27	0.7919	2	Janet Marano, 70, Reston, VA	1:40:06	0.7367
5	Michelle Miller, 37, Gaithersburg, MD	1:05:10	0.7710	3	Linda Tice, 72, Timonium, MD	1:42:34	0.7423
AGES 40-44				4	Betsey O'Neill, 70, Virginia Beach, VA	1:48:38	0.6788
1	Tia Accetta, 42, Tucson, AZ	1:04:52	0.7982	5	Pat Welch, 73, Vienna, VA	1:49:10	0.7088
2	Erin Chamberlin, 42, Clarksville, MD	1:08:04	0.7607	AGES 75-79			
3	Lisa Reichmann, 43, Gaithersburg, MD	1:08:30	0.7617	1	Rosemary Schwartzbard, 76, Arlington, VA	1:57:38	0.6920
4	Janel Kiley, 41, Arlington, VA	1:09:07	0.7438	2	Heide Moebius, 79, Lancaster, PA	1:58:19	0.7302
5	Megan Parker, 42, Portsmouth, NH	1:10:20	0.7361	3	Martha Rowen, 75, Brooklyn, NY	2:01:14	0.6600
AGES 45-49				4	Regina Wright, 76, Marshfield, MA	2:10:29	0.6238
1	Perry Shoemaker, 46, Vienna, VA	58:56	0.9103	5	Lorraine Whitaker, 75, Omaha, NE	2:10:31	0.6131
2	Jennifer Maranzano, 45, Washington, DC	1:00:37	0.8763	AGES 80-84			
3	Suzanne Himes, 48, Alexandria, VA	1:07:29	0.8123	1	Imme Dyson, 81, Princeton, NJ	1:59:32	0.7593
4	Andrea K Freeman, 46, Arlington, VA	1:07:47	0.7913	2	Tami Graf, 81, Lusby, MD	2:09:02	0.7034
5	Kimberly Fagen, 47, Kensington, MD	1:07:59	0.7973				

2018 Team Results

Running Club Teams

Male Open Running Club

1	Howard County Striders	02:50:01
Andrew Madison, Luke Janik, Mark Buschman, Kevin Ford		
2	DCRRC Bulldogs	02:52:23
Enrico Kuhn, Noah Eisenberg, Stephen Gabris, He Huang, Sean Hicks		
3	PR Races	02:52:29
Jeffrey Stein, Carlos Bonnett-Castillo, Jeremy Gilbert, Adam Lesser, Aaron Richards		
4	Fletcher's Fearsome Five	02:56:27
Michael Wurzbacher, Kasey Hayes, John Fisher, Laurance Frierson, Anthony Catalano		
5	MCRRC Men Open	03:14:23
Yukun Fung, David Haaga, Andrew Jerome, Brent Machado		
6	DCRRC Great Danes	03:17:49
Adam Stolzberg, Bryan Mcnamara, Alexander Albertini, Neeraj Pradhan, Kendell Johnson		
7	DCFR Pluto	03:26:33
Peter Sikorsky, James Hurley, Edward Russell, Gonzalo Koo-sau		
8	DCFR Cinderella	03:33:49
Mick Bullock, Rocco Henderson, Justin Fritscher, Benito Perez		
9	DCFR Dopey	03:41:38
Allen Greenberg, Seth Kalish, Ivan Cheung, Vince Micone, Lennie Carter		
10	DCFR Donald Duck	03:46:23
Andrew Barnett, Scott Lundberg, Brandon Hughes, Tyler Caldwell		
11	Front Runners New York	03:59:51
Gilberto Gaona Jr., Brent Radeke, Dennis Ng		
12	DCFR Snow White	04:01:48
Jonathan Damron, Tim Vaske, Ned Baker, Nathan Blustein, Brad Miller		
13	DCFR Rapunzel	04:06:22
Ryan Rosado, Joseph Fons, Coty Wardwell, Daniel Wackerow, Jonathan Lutz		
14	DCFR Mickey	04:11:03
Norman Reich, Christopher Hinkle, Vijay Dsouza		

Female Open Running Club

1	Dojo of Pain Women's Open	03:09:26
Jennifer Paul, Daniella Orton, Amanda Hicks, Emilie Johnson, Laura Jennings		
2	PR Races DC Elite	03:18:50
Rochelle Basil, Shaina Cales, Liz Greenlaw, Merrilee Seidman		
3	DCRRC Pugs	03:20:53
Lauren Skowera, Toni Diegoli, Laura Danberg, Janet Braunstein, Kerry O'Brien		
4	MCRRC Super Speedy Open Women	03:25:20
Michelle Miller, Sarah Wassner Flynn, Kristen Serafin, Julie Sapper, Melissa Schweisguth		
5	DCRRC Golden Retrievers	03:54:30
Elizabeth Goldemen, Kate Scott, Dara Schulman, Elizabeth Kelley, Jen Gerner		
6	DCFR Minnie	04:51:35
Nina Sheppard, Blake Rushin, Brittany Kademian		
7	MCRRC Women Open	04:53:03
Kayla Kerrigan, Rebecca Meseroll, Virginia Mason, Brigid Meyer		

Co-ed Masters Running Club

1	PR Races DC Elite	03:03:23
Noah Zaring, Perry Shoemaker, Craig Greene, Theo Haast		
2	Howard County Striders Masters	03:06:20
Jason Tripp, Mark Landree, Erin Chamberlin, Tammy Liu		
3	MCRRC Super Speedy Masters	03:16:18
Mark Neff, John Whitridge, Lisa Reichmann		
4	Dojo of Pain Mixed Masters	03:22:47
Jennifer Maranzano, Alan Pemberton, Lydia Pelliccia		
5	PR Races Masters	03:41:36
Anita Freres, Jim Noone, Matthew Barnes, Paul Robinson, Nancy Avitabile		
6	MCRRC Mixed Masters 1	03:48:25
Rod Vieira, Mark Adams, Jennnifer Schwartz, Ken Earley, Liz Ortuzar		
7	DCFR Goofy	04:22:07
Timothy Curley, Michael Lustig, Meredith Weiss, Steven Shappell		
8	DCRRC Dalmatians	04:43:31
Bob Drain, Jay Jacob Wind, Stephen Easley, Deborah Margraff		
9	MCRRC Mixed Masters 2	04:49:32
Eric Melby, Ann Rosenthal, Frederick Brown, Clarissa Evans Brown		
10	MCRRC Mixed Masters 3	05:24:07
William Etti, Andree Reuss, Katrin Weixel, Michelle Cleave		

Elite Teams

Females Metro Elite Teams

1	Capital Area Runners	03:01:55
Susanna Sullivan, Sarah Loerch, Jillian Pollack, Jenn Dietz, Carolyn Hennessey		
2	Pacers//GRC NB women	03:02:11
Taylor Tubbs, Maura Carroll, Keely Eckberg, Natalie Patterson		

Mens Metro Elite Teams

1	Pacers//GRC NB men	02:37:11
Paul Thistle, Tyler Dye, Jerry Greenlaw		
2	Pacers//NB	02:38:16
Clint Mckelvey, Andrew Brodeur, Tripp Southerland, Andrew Whitacre, Jay Hudson		
3	MCRRC Super Speedy Open Men	02:54:03
Nicolas Crouzier, Jim Dahlem, Exavier Watson, Robert Palmer		

2018 Team Results

Credit Union Teams

Credit Union Team Challenge

1	NASA FCU Meteors	03:09:36
Alvin Yew, Maksym Petrenko, Joe Munchak, Melissa Vess, Denise Knickman		
2	NASA FCU Comets	03:26:37
Jacob Englander, James Cooper, Zoran Kahric, Julie Halverson, Mira Panek		
3	NASA FCU Asteroids	03:38:53
Thomas Johnson, Shawn Kyle, Andrea Bennett, Pam Carrick		
4	Cash Us If You Can	03:43:15
Kevin Moore, Matthew Hoops, Sviatlana Phelan, Nathan Converse		
5	LCFCU-Jefferson	03:56:52
Marvin Pace, Steven Maguire, Kelly Maguire		
6	SDFCU Super Sprinters	04:04:21
Kimberly Billodeaux, Jeffrey Kovar, Walter Billodeaux		
7	Constellation FCU 1 (NGA)	04:09:28
Erin Shipe, Trenton Norgaard, Rick Norgaard, Jillian Obermeier		
8	FRBFCU 'R US	04:15:54
Michael Navarrete, Gurubala Kotta, Alyssa Anderson, Alexander Shchepetkin, Mitchell Klein		
9	LCFCU-Madison	04:29:33
Bart Elias, Sean Moffitt, Wendy Ginsberg, Emma Elias		
10	Support Education 4	04:37:35
Bryn Conway, Prasad Gerard, Les Graber		
11	Constellation FCU 3 (NGA)	04:41:38
Gregg Hinkle, Mark Wiersma, Gretchen Wiersma, Brandi Lowe		
12	Shares on the Run	04:43:07
Mauricio Bascunan, Kim Rosado, Ed Lucio, Matthew Hoffman, Kaitlin Chiarelli		
13	Constellation FCU 2 (NGA)	04:44:05
Randy Anders, Ronald Bryan, Diana Dy		
14	Support Education 7	04:51:42
John Gregorio, Richard Wu, Kha Nguyen, Rosalee De Vries, Phil Mcgaughey		
15	Support Education 2	04:56:19
Conroy Zien, Ryan Mcnavage, Edward Chang, Glenda Garcia		
16	Support Education 5	05:06:21
Chris Mathey, Josh Dix, Brian Flores, Tonya Williams-Walker		
17	Support Education 3	05:23:05
Joshua Startt, Shon Barr, Katherine Kroening, Lindsey Hill, Huy Pham		
18	Members on the Move	05:28:33
Alicia Serrato, Kiran Ramachandra, Christine Jung		
19	Support Education 6	05:41:43
Jimmy Nguyen, Albert Nguyen, Williams Segura Medrano, Danielle Conceicao		
20	Support Education 1	06:26:04
Joe Divel, Elaine Chang-Baxter, April Longest		

Other Divisions

Corporate

1	Marriott #1	03:29:59
Trevor Meadows, Andrew Browne, Ellen Wexler, Patrick Valenti, Leslie Anchor		
2	Booz Allen Hamilton Purpose	03:37:39
Spencer Jurkiewicz, Megan Curtin, David Perry, Frank Quintanilla, Krystyna Martin		
3	Marriott #2	03:52:13
Patrice Dodson, Kelly Airel, Tony Mukangura, Christina Papoulias, Mark Giadroune		
4	Marriott #4	03:54:01
Stuart Koltov, Tara Chait, Tad Asbury, Stephanie Seiberg		
5	Marriott #3	03:56:35
Rosemary Berger, Hugo Garcia, Andy Hazelnis, April Sprague, Julie Robinson		
6	CUNA Mutual Lightning	04:05:37
Taran Kooner, Holly Fearing, Dion Williams, Ann Hessel		
7	Marriott #5	04:09:27
James Snee, Amy Ellis, Robyn Gamsey		
8	Run Healthy	04:10:38
Mikka Macdonald, Josh Billings, Jennifer Billings		
9	Booz Allen Hamilton Values	04:14:58
Robert Denmark, Bridget Hatton, Raymond Roth, Mike Calmus		
10	Faster Than 5G	04:29:27
James Eckard, Bronwyn Flores, Stephen Ewell		
11	Marriott #6	04:38:17
David Rupp, James Takach, April Henline, Massa Dunnaville		
12	Booz Allen Hamilton Integrity	04:42:22
Kristina Brown, Stephen Novak, Joseph Schmitt, Christina Rzepka		

Educational Institution

1	GVPT UMD	03:52:34
Jared McDonald, Irwin Morris, Michael Mansfield, Kelsey Hinchliffe, Frances Lee		
2	Slow Time As Woodlawn High	04:14:07
Nicholas Ortolano, Victor Zirkelbach, Robert Morris, Jon Risser, Kimberly Daniels		
3	AU Eagles	04:28:36
Matthew Kennedy, Kristen Scott Kennedy, Courtney Coffin, Nathaniel Jones		

Government

1	FAA/ITF-1	03:31:53
Tom Ferzetti, Joe Iovanisci, Caroline Floom, Benjamin Barnett		
2	NYO Flagship	04:02:40
Christopher Mills, Deanna Pennetta, Kristin Gibney		
3	NCTC Runners	04:21:01
Benjamin Elliott, Karen Dowling, Anna Dietrich, Lisa Sheldon, Brian Mowbray		
4	CFPB	04:26:36
Thomas Conkling, Thomas Devlin, Alice Lu		
5	NCUA	05:14:55
Rob Robine, Scott Schwartz, Jennifer Suhoski, Mary Thor		

2018 Team Results

Capitol Hill Competition

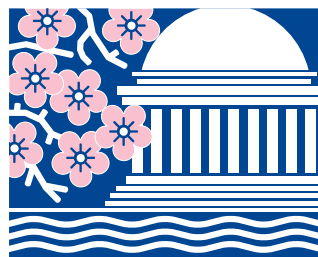
U.S. Senate

1	Heinrich Maneuver	03:21:18
	Russell Page, Stephen Jochem, Peter Rothfeld, Vanessa Valdivia, Whitney Potter	
2	All The King's Men	03:25:34
	Andrew Fitch, Will Woodworth, Pete Benoit, Chad Metzler, Carissa Cyran	
3	Bourne to Run	03:36:36
	James Catella, Tara Mcfeely, Nathaniel Adler, Jacob Barton, Jennifer Barrett	
4	Markey's On Your Left	03:52:41
	Andrew Zack, Bennett Butler, Tana Giraldo, Ryan Mckeever	
5	We Put The B.O. In C.B.O	03:53:52
	Eamon Molloy, Noah Meyerson, Philippa Haven, Justin Latus, Jon Sperl	
6	The Great Daines	04:04:44
	Breanna Deutsch, Jordan Fashimpaur, Joshua Sizemore, Dan Gerig, Wallace Hsueh	
7	Minnesota Miracle	04:08:53
	Kyle Maloney, Doug Calidas, Elizabeth Peluso, Brigit Helgen	
8	Don't Take Us For Granite	04:20:28
	Andy Nielsen, Kaitlyn Hill, Joe Reid, Sarah Weinstein, Allan Rodriguez	
9	10Klahoma	04:27:21
	John Cuaderes, Jaclyn O'Neil, Theresa Jeffrey, David Stephens, Phillip Moran	
10	Run Johnson Cheddar Chasers	04:28:13
	Courtney Allen, Annie Chestnut, Justin Livesey, Carly Cerak	
11	Running On Your Left	04:30:06
	Mike Zamore, Mike Mckiernan, Louie Reckford, Alexa Damis-Wulff, Becca Ward	
12	Booker T(eam) Washington	04:33:35
	Jeffrey Giertz, Chad Maisel, Brian Vogt, Tesheya Wilson	
13	Clean Energy	04:34:35
	Ryan Ehly, Gerardo Bonilla, Jeremy Aho, Andrea Mares	
14	Green Mountain Moo-vers	04:39:05
	Claire Spangler, Rebecca Green, Hannah Chauvin, Lincoln Peek	
15	Run CMC	04:47:41
	Joel Walsh, Saundra Rupert-Shropshire, Courtney Cardin	
16	Sneaky Dianne	04:51:53
	John Lowry, Tomas Delgado, Noor Shah	
17	Los Pollos Hermanos	05:05:48
	Joseph Britton, Victoria Ochoa, Virgilio Barrera	
18	TRed Wings	05:51:40
	Zade Alsawah, Travis Williams, Sydney Paul	

U.S. House of Representatives

1	Model Runners	03:00:34
	Adam Staveski, Zachary Byrum, Tia Caldwell, Jake Fabian, Claire Sleigh	
2	RAW: Runners Against War	03:38:32
	Ammar Moussa, Alok Patel, Erik Sperling, Laura Kisner, Emma Mehrabi	
3	Red White And Blumenauer	03:40:50
	David Skillman, Kevin Stockert, Jon Bosworth, Kelsey Aulakh, Kristen Donheffner	
4	Denny's Grand Slams	04:10:31
	Graham Markiewicz, Brendan Woodbury, Kati Sills, Emily Kolano, Nick Vargish	
5	Team City Center	04:14:07
	Sterling McHale, Eddie Reilingh, Bailee Brown	
6	TeamCMR	04:21:37
	Matt Neighbors, Andrew Neill, Emiko Macaluso, Hilary Ranieri, Olivia Hnat	
7	Kaptur The Heart	04:23:00
	Jenny Perrino, Josh Stewart, Carrie Swope	
8	Reclaiming Our Time II	04:24:14
	Kirk Schwarzbach, Glen Sears, Katy Strohmaier	
9	Veni Vidi Veasey	04:24:45
	Emily Richardson, Thaddeus Woody, Nelly Decker, Nicole Varner, Eyole Mbongo	
10	Team Rooney	04:28:45
	Allison Nielsen, Caroline Buyak, Ethan Abner	
11	Team Cook	04:33:57
	Brandon White, Colby Kuhns, Bert Johnson, Cory Kastl, Kellie Hartl	
12	Good Times Himes	04:34:01
	Justin Meuse, Wyatt Larkin, Emily Fritcke	
13	Porter's Procrastinators	04:36:32
	Megan Porter, John Meehan, Brittany Yanick, Ronald Donado	
14	Doggett Pony Show	04:42:20
	Luis Guerrero, Doug Molof, Michael Mucchetti, Kate Stotesbery	
15	Team Matsui	04:42:22
	Frances Einterz, Lauren Dart, Megan Herber, Jonathan Gilbert	
16	Rushin' Medaling	04:50:24
	Zachary Sorenson, Kris Breaux, Rheanne Wirkkala	
17	Reclaiming Our Time I	04:51:39
	Marcos Manosalvas, Kristofor Erickson, Erica Loewe	
18	Nita's Cheetahs	05:21:49
	Dana Acton, Kelly Heaton, Christopher Bigelow, Jennifer Becker-Pollet	

CREDIT UNION



CHERRY BLOSSOM

TEN MILE RUN

The Runner's Rite of Spring®

Capsule Histories of all 46 Editions of the Credit Union Cherry Blossom 10 Mile Run

1973-2018

For runners in Washington since 1973, the true beginning of spring is marked not by a date on the calendar but by the running of the Cherry Blossom Ten-Mile.

Elite competitors have used the race as a final competitive tuneup for the Boston Marathon two weeks later. Bill Rodgers, Greg Meyer, and Lisa Larsen Weidenbach all went on to win Boston after their victories here.

For lesser mortals, the Cherry Blossom means a chance to doff the warmup suits, turtlenecks, caps and gloves of winter and join other runners in a celebration of the season. Here in Washington, the race has become as fixed a rite of spring as the Easter Egg Roll at the White House or the lighting of the Japanese lanterns on the Tidal Basin.

1973 (April 1)

Who would have believed, in 1973, that a family-style gathering of fewer than 200 runners would become an event so popular that it is necessary to hold a lottery to keep people away?

The Cherry Blossom Invitational Run, as it was christened, was the brainchild of Gar Williams, then president of the DC Road Runners Club, and Ralph Reynolds, program director of Washington's Central YMCA. The two men conceived of a race to coincide with the Cherry Blossom Festival, a high point of the city's tourist season, when mag-

nolias, forsythia and cherry blossoms bloom along the roads and paths bordering the Potomac River.

Williams and Reynolds settled on the ten-mile distance. "If it was longer, you'd be too pooped out for Boston," Williams once recalled. "We didn't want it too short, though. The idea was to have an attractive alternative to a marathon." Families could come to Washington as tourists. Dad or Mom could run the ten-miler, and the rest of the family could enter the two-mile fun run and collect commemorative patches as well.

A local insurance company, Acacia Mutual Life, was persuaded to serve as a sponsor, and entrants were recruited through the DC Road Runners Club and through pink flyers distributed at the YMCA.

Winners of that inaugural race, held in muggy weather, were Sam Bair of Pennsylvania in 51:22 and Kathy Switzer of New York City in 71:19. The organizers congratulated themselves on attracting over 100 runners to the ten-miler - a big field in those days.

1974 (March 31)

The following year, 1974, the race came into its own. At the suggestion of DCRRC official Dave Theall, the race was renamed the "Cherry Blossom Classic," and the entry fee was dropped for the ten-miler, a tradition that would hold up for twenty years. Nearly 400 runners showed up to run on a raw, cloudy day. Jack Mahurin, then a graduate student at the University of Maryland, lowered the men's event record to 50:50, and Carol Fridley, of Pennsylvania, won the women's in 62:41.

1975 (April 6)

The field doubled again in 1975 - some 575 finishers in the ten-miler, and 275 in the fun run - for a race held in brilliant sunshine but Arctic temperatures. Carl Hatfield of West Virginia battled frigid winds gusting up to 30 mph to win the race in 51:47. Julie Shea, a then-unknown North Carolina schoolgirl, took the women's crown in 59:55, the first in a series of three consecutive victories.

1976 (April 4)

It was Hatfield and Shea again in 1976 as the field for the ten-miler topped 1,500. Hatfield lowered the men's event record to 49:09, while Shea set a U.S. women's record for the ten miles at 57:04.

1977 (April 3)

By 1977 the running boom was starting to crest, and race organizers instituted an entry cutoff for the first time as the number of applicants swelled above 2,000. The field was



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limited to 2,230, with 500 disappointed runners turned away. There was also a new sponsor - Union First Bank of Washington, which filled the breach when Acacia Mutual Life decided to bow out. Maryland runner Dan Rincon won the race in 49:44, while Julie Shea lowered her U.S. Women's record to 56:08.

1978 (April 2)

The era of Perrier and Bill Rodgers began with the 1978 race. When Union First failed to renew as a sponsor, race organizers found Perrier, which, in turn, brought in Rodgers. Competing with a cold just one day after a race in Jacksonville, Florida, Rodgers cruised to his first Cherry Blossom victory in 48:57 over a field limited to 4,000 entrants. Jenifer White of Alexandria, Virginia, took the women's title in 56:35.



Perrier became title sponsor in 1978

1979 (April 1)

In 1979 the glamour of Rodgers led to a flood of race applications. Entries were closed on February 5, only a few days after they had opened. Organizers Jeff Darman and Ed Murray begged unofficial runners to stay away as a massive field chased Rodgers to another event record of 48 minutes flat. Maryland schoolgirl Aileen O'Connor lowered the U.S. record to 56:02 in the women's race.

1980 (March 30)

1980 brought two innovations: a lottery to choose race entrants, and a star-studded field of invited runners. Over 12,000 applicants vied for 4,000 places in the lottery. Meanwhile, the spreading fame of the race attracted nearly 100 runners capable of running ten miles in less than 53 minutes. When the race was over, Bill Rodgers had set a new U.S. record of 47:09, and 24 other runners had gone under 50 minutes for the distance.

The women's field was also impressive. Anne Sullivan of

Brown University, who set a U.S. women's record of 55:34, was followed by five other women under 60 minutes.

1981 (April 5)

Rodgers repeated again in 1981 with a 47:17 victory despite windy, warm weather. Laurie Binder of San Diego led 11 women under the one-hour barrier with a 56:44 performance. A field of 4,500 entrants toured the course on a humid, overcast morning.

1982 (April 4)

The 1982 race will be remembered as the War of the Winds, as chill winds gusting up to 50mph slowed the entire field. Terry Baker, a vocational education teacher from Hagerstown, Maryland, took the lead with less than a mile to go to upset defending champion Bill Rodgers by seven seconds in 49:29. Eleanor Simonsick, a policy research consultant living in Washington, broke the tape in 58:16 to give the race its first pair of local winners. Only four male runners broke the 50-minute barrier, and an equal number of women finished under an hour.

1983 (March 27)

After the disastrous weather of 1982, ideal conditions prevailed in 1983. On a cool, rainy morning with almost no wind, both Greg Meyer and Eleanor Simonsick set event records in winning their respective divisions. Running alone almost from the start, Meyer cruised to a 46:13 victory, setting a World record, breaking the former event record by 56 seconds and beating his nearest rival by over a minute. Overshadowed by Meyer's performance was that of 31 other runners who broke 50 minutes for the distance.

Repeating her victory of 1982, Simonsick took the lead at three miles and kept adding to it, recording the fourth fastest ten-mile time by a woman and breaking the event record by almost two minutes in 54:46. Simonsick led 15 other female finishers under the one-hour barrier.

1984 (April 1)

The 1984 race brought several surprises. Perrier dropped sponsorship, and Nike stepped in, adding prize money to the race for the first time. A less pleasant surprise was the weather. Despite the bizarre conditions that have characterized this early spring event, no one anticipated a flooded course. Heavy storms the previous week left the tip of Hains Point under six inches of water, causing worried race officials to consider shortening the course to 15 kilometers as late as race morning.

Prestige and prize money gave the Cherry Blossom its first foreign winners. Olympic hopefuls Simeon Kigen of Kenya

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and Rosa Mota of Portugal sloshed through ankle-deep water to win their respective divisions. Kigen took the men's title in 47:25 as 22 men broke 50 minutes. Mota nipped Lisa Larsen in 54:16 to lead 12 women under the one-hour mark.



Race winner Simeon Kigen and Race Director Jeff Darman in 1984

1985 (March 31)

In 1985, Kigen won again, posting a near-record 46:24 as favorable weather returned to the event. With temperatures in the low 50s and moderate wind, Lisa Larsen Weidenbach, runnerup the previous year, surprised everyone, including herself, by running an event record of 53:30 to take the women's crown.

Masters champion Barry Brown, with an age-group record 49:46, was the last of 31 runners to break 50 minutes for the distance. Some 25 women dipped under the one-hour barrier.

1986 (April 6)

In 1986, Rosa Mota eclipsed the women's World Best 10 mile, while Thom Hunt came to within two seconds of Greg Meyer's 1983 world best time. Mota, the bronze medalist in the Los Angeles Olympic Marathon and 1984 Cherry Blossom winner, shaved nine seconds off Joan Samuelson's World Best time with a 53:09 clocking despite running on a tender achilles tendon. Hunt began a series of surges to break away from English Olympic steeplechaser Roger Hackney at the 8-1/2 mile mark, which brought him to the finish just off the all-time best with a 46:15. The top 37 men broke 50 minutes, while 20 women bettered one hour.

1987 (April 5)

April showers stopped the night before the 1987 race and low tide right at race time ensured that the tip of Hains Point would not be submerged. Both the runners and the fully in-bloom cherry blossoms were pushed by favorable

southerly winds. The women responded in remarkable fashion—the top three broke Rosa Mota's year-old World Best time. Lisa Martin of Australia finished first in 52:23, a whopping 46-seconds under the previous mark. Runners-up Anne Audain (52:30) and Carla Beurskens (53:00) also bettered the old record. Jon Sinclair reversed a series of major race runner-up finishes by kicking early and moving away from J.P Ndaysienga and Larry Green for a 46:48 win.

Priscilla Welch, 42, won the women's masters division and placed fourth overall with an astonishing 53:51, a world best time for masters.



Jon Sinclair (6) wins in 1987

1988 (March 27)

The winds shifted to the northwest for the 1988 race, with gusts up to 25 miles per hour. Belgium's J.P. Ndaysienga, the 1987 runner up, took the lead at 3 miles, got caught by a pack at 7 miles, but emerged in the front of a wild four-man sprint to the finish. He clocked 47:33, with Martyn Brewer second in 47:35, Jon Sinclair third in 47:40, and Joseph Kipsang fourth in 47:45. Anne Audain reversed the previous year's standings with Lisa Martin with a 53:26 to 54:06 victory in the women's race.

1989 (April 2)

Perfect running weather was sandwiched between high winds on Saturday and showers on Monday for the 1989 race. Lisa Weidenbach responded with her second victory in an American record time of 52:34 – just 11 seconds shy of Lisa Martin's World Best time. The men's race featured a near-photo finish with Zimbabwe's Brian Sheriff outlean-

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ing Mexico's Dionicio Ceron, 46:43 to 46:44. Steve Jones of Wales followed five seconds back in 46:49.

1990 (April 1)

Lisa Weidenbach returned in 1990 to match Julie Shea ('75, '76, '77) as the only female three-time winner. She cruised to a relatively easy win over Anne Audain, 52:38 to 53:18. Chris Fox, a Hagerstown, MD resident who had dreamed of winning this race since he was in high school, had his dream come true when he bested Ashley Johnson 47:06 to 47:07—the second one-second winning margin in a row.

1991 (March 31)

After seven years as title sponsor, Nike turned the top role over to Northern Telecom, a major telecommunications company which had just recently opened a World Headquarters in the Washington, DC metropolitan area. Under Northern Telecom the prize money grew to \$21,500, the largest purse ever. With the cherry blossoms in full bloom, Great Britain's Carl Thackery and American Bill Reifsnyder went charging after the event record. Thackery prevailed in the match up, but missed the record by just 12 seconds with a time of 46:25. Reifsnyder followed in 46:30. Fellow Brit Jill Hunter reduced the women's event record to 51:57 – a time just 10 seconds off Carl Hatfield's winning time in 1975 and 26 seconds under Lisa Martin's event mark.

1992 (April 5)

In 1992, the Kenyans made their marks here as elsewhere. Running into 30-35 mph winds, Richard Chelimo (who won a silver medal that summer at 10,000-meters in the Olympics) and William Koech went 1-2 with respective times of 47:06 and 47:15. They went after the 1983 event record (46:13), passing 5 miles in 22:46 before the winds slowed them. Russian Albina Galliamova won the women's race in 53:44.



1993 saw the first use of Memorial Bridge on the Cherry Blossom course.

1993 (April 4)

Runners tried out a new course which featured an out-and-back crossing of Memorial Bridge (pending construction of the FDR Memorial forced the shift). Last year's runner-up William Koech was joined by several of his Kenyan teammates including William Sigei, who had won the World Cross Country only a week before. Once again the Kenyans were under world record pace at five miles, only to ease the up during the second half of the race. Sigei triumphed over Anthony Kiprono, 46:29 to 46:33. Judi St. Hilaire swept past early pacesetter Pauline Konga of Kenya after nine miles and scored a 3-second win in 52:27.

1994 (April 10)

After 11 years Greg Meyer's men's world record of 46:13 fell to Kenya's William Sigei. On a relatively warm, windy day (a thunderstorm blew in later that morning) Sigei and Kenyan teammates Josphat Machuka and Thomas Osano broke away from the pack early, but the pace sagged to over world record pace by nine miles. However, Sigei upped the tempo and closed with a 4:29 last mile to claim the mark with a 46:01. Both the 18-year-old Machuka (46:05) and his uncle, Osano (46:07), bested Meyer's longstanding mark as well. Kenya's Helen Chepngeno and Jane Omoro produced the closest finish ever with World Cross Country Champion Chepngeno declared the winner by inches in 54:05. With a revised race course, the number of finishers grew to over 4,600.



Ismael Kirui sets a World Record on 45:38 in the 1995 race

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1995 (April 9)

Pre-race speculation centered on the Kenyans cracking the 46:00 barrier for the first time. With world cross country runner up Ismael Kirui and 1994's third place finisher Josephat Machuka as the top seeds, the stage was set (Sigei was out due to injury). Race day dawned with no wind, although temperatures were in the upper 50s and the humidity was high. As expected, Kirui and Machuka went right to work, dropping further below world record pace with each passing mile. Suffering from blisters, Machuka dropped off by 5 miles. Kirui slowed to a 4:41 ninth mile, but responded with a 4:31 closer to smash Sigei's year-old mark with a 45:38. Just over six minutes later Rose Cheruiyot of Kenya, who had set a world 5K record a week before, collected the second world record of the day as she sprinted home far in front of the women's field in 51:39, chopping 2 seconds off Jill Hunter's 1991 world record set in New York City. U.S. marathon champion Debbi Kilpatrick finished second in 55:05. Over 5,200 runners finished.

1996 (March 31)

Lazarus Nyakeraka, 20, the hottest Kenyan on the U.S. road circuit in the early months of 1996 with wins in major races the two preceding weekends, toed the line with a number of his Kenyan teammates who were looking to steal a little of his luster. On a perfect race morning with only a 100-yard puddle on Hains Point remaining from the worst winter of flooding in over 20 years in Washington, DC, Joseph Kariuki remained with the youthful Nyakeraka for 8 miles. At that point, Nyakeraka surged away for a 46:37 to 46:49 win. Joan Nesbit became the first American winner since 1993 with a methodical dismantling of the women's field in 53:25. Steve Jones of Wales, a frequent top 10 finisher over the years, turned 40 and demolished the late Barry Brown's 1985 masters event record of 49:46 when he posted a remarkable 48:26, finishing 11th overall. The prize money was upped to \$26,000 with \$5000 going to the top male and female.

1997 (April 6)

The event celebrated its 25th running in 1997 and a number of former champions (including the first women's winner, Kathrine Switzer) came to join in the festivities. A group of a dozen runners who had run the 1973 event — and Ben Beach, the only individual who has completed the race every year it has been run — were feted at the Saturday night dinner. On race day, special coffee mugs were awarded to 24 men and 94 women who ran faster than the winning times in the first race (51:22 and 71:19). Runners from Kenya continued to dominate the men's competition — this year it was Peter Githuka upsetting defending champion Lazarus Nyakeraka in 46:29. On the women's side, Olympic marathon gold ('92) and silver ('96) medallist Valentina Yegorova of Russia took the lead from the start and captured the

women's title in 54:28. A total of \$35,000 was given to Children's Hospital, bringing the total charity contribution to over \$140,000.

1998 (April 5)

A new course featuring an out-and-back section on Rock Creek Parkway delighted the 5,800 finishers. South African Colleen DeReuck proved that the layout was fast as she shattered Rose Cheruiyot's World Record for 10 Miles of 51:39 — set in the 1995 race — with a scintillating 51:16 performance that placed her 23rd overall. (She would have been the overall winner of the 1973 race!) DeReuck finished over two minutes ahead of runner-up Marian Sutton of Great Britain. On the men's side Simon Rono, who would go on to be the top road runner of the year, produced a fast sub-46:00 time with a 45:51, the second fastest time ever in the event. He pulled Kenyan teammate Joseph Kariuki under 46:00 as well (45:58). Kenyans secured the top eight places in the men's race.



Colleen DeReuck set a World record of 51:16 in the 1998 race

1999 (April 11)

Construction along Independence Ave. meant another revision in the course for 1999. The popular Rock Creek Park section was retained, but a new section took runners through the West End and Foggy Bottom sections of Washington, DC. It was the first time the course had ventured off of National Park Service land. A cool rain greeted 6,000 starters. The many turns in the course slowed the times. For the first time since 1991, a non-Kenyan male won the

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race, as Ethiopian Worku Bikila outsprinted three Kenyans to take the overall title in 46:59. Lazarus Nyakeraka (47:01), James Kariuki (47:03) and William Kiptum (47:07) followed. Interestingly, Bikila got off his plane in Pittsburgh where it had stopped and went to the Doubletree Hotel in Pittsburgh. Some frantic calling got him D.C. bound shortly thereafter to the Doubletree race headquarters hotel here. Apparently the distraction to him was minimal. The women's race was even closer than the men's as Kenyan Jane Omoro bested teammate Jane Ngotho by a single second, 53:37 to 53:38. The win was satisfying to Omoro, who had lost the 1994 race on a lean to Helen Chepngeno.

2000 (April 9)

At 6:30 a.m. on race day, snow was swirling in the staging area in West Potomac Park. The good news is that it stopped by the race time of 8:00 a.m.; the bad news is it was replaced by a howling, cold northwest wind. Runners throughout the field reported that they were nearly slowed to a walk on the completely exposed out-and-back crossing of Memorial Bridge. However, with much of the course similar to 1998 and within the closed confines of Rock Creek Park once again, Reuben Cheruiyot was still able to clock 46:07 as he blazed the final two miles — with the wind at his back — in 8:44. On the women's side, defending champion Jane Omoro narrowly lost to Kenyan teammate Teresa Wanjiku, 55:50 to 55:56. In honor of the race being held in Washington and it being a presidential election year, the organizers staged a "Foot Poll." Using a transponder chip laced into their shoes, runners crossed mats about a quarter mile from the finish line marked "Democrat," "Republican," or "Neither/Undisclosed." "Votes" were tallied at the finish line. In the end the Democrats prevailed with 44%; Republicans and "Neither/Undisclosed" tied for second with 28%. Republicans were heard to remark that the mat marked "Democrat" was along the shortest route to the finish, a charge instantly denied by the organizers.

The event marked ten years with Nortel Networks as the title sponsor.

2001 (April 8)

For the first time since 1993, the cherry blossoms were at their peak on race day with "perfect-for-running" temperatures near 50-degrees. For the first time since 1992, the event used the same course for two years in a row. A few sprinkles of rain fell early in the morning, but runners were glad they weren't last year's snowflakes! Kenyans Reuben Cheruiyot and John Korir waged an epic battle which resulted in the closest men's finish ever, with Korir edging Cheruiyot, 46:12 to 46:13. A dramatic photo appeared in the *Washington Post* showing both men with their arms raised in expectation of the win. South African Elana Meyer, making her first appearance, dominated the women's field,

finishing in 52:16, nearly a minute up on Lydiya Grigorieva, who clocked 53:15. The event had its largest number of finishers ever, 6,515.



2001 Women's Champion Elana Meyer

2002 (April 7)

After an 11-year run as title sponsor, Nortel Networks stepped down — its sponsorship a victim of the collapse of the internet bubble. Greg Farmer, Nortel's Senior VP Global Government and Community Relations, said, "I do not believe that any other sponsorship has provided Nortel with such a high profile with Washington policymakers." By the end of the summer, a group of approximately 40 Credit Unions, mostly from the Washington, DC Metropolitan area, formed an organization called the "Credit Union Miracle Day Committee," and signed on. It was a win-win situation as the event helped the Credit Unions raise nearly \$100,000 for the Children's Miracle Network, and hundreds of Credit Union employees and members signed up as volunteers. The blossoms joined the festivities for the second year in a row as Kenyans John Korir and Reuben Cheruiyot picked up where they left off in 2001. This time Cheruiyot prevailed by 5 seconds with a time of 47:13. Luminita Talpos equaled Cheruiyot's 5-second margin of victory in a time of 52:50 to become the first Romanian winner. Ethiopia's Teyba Erkesso followed. Legally blind U.S. runner Marla Runyan finished fifth in 53:37. The event grew to a record 7,061 finishers.

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2003 (April 6)

For the third straight year, race day dawned with the Tidal Basin and West Potomac Park awash in a blaze of pink and white cherry blossoms. Race officials were glad simply to be in West Potomac Park at all. Three weeks before the race, the War in Iraq had raised security levels in Washington to "Code Orange," one step down from "Code Red," which likely would have meant cancellation of the event. The race committee scouted out an alternative site in Poolesville, MD, 25 miles outside of Washington, as a contingency. John Korir and Reuben Cheruiyot, who else, were at it again, and when the dust settled, Korir had evened the score at 2 victories each with a 46:56 to 47:03 triumph. Russian Olga Romanova bested pre-race favorite Ashi Gigi of Ethiopia for the women's title. Through the efforts of the event and the Credit Unions, over \$190,000 was raised for the Children's Miracle Network. Bethesda's Ben Beach continued his streak as the only runner to have finished all 32 editions of the race with a time of 1:02:15. The perfect day produced the largest number of finishers ever at 7,488.



Bethesda, Maryland's Ben Beach has finished every edition of the Credit Union Cherry Blossom Ten Mile.

2004 (April 4)

The blossoms greeted the runners for the fourth year in a row, but so did howling winds with gusts in excess of 40-miles an hour. A pelting rain and winds pummeled the staging area about 5:30 a.m. on race morning, followed by an eerie calm almost like the eye of the storm during which the organizers decided to go ahead and put up the tents, overhead scaffolding and signage. The winds returned

shortly after the 8 a.m. start, prompting all the aforementioned items to be taken down for safety reasons. The men's times reflected the conditions, with unknown Kenyan Nelson Kiplagat winning in 48:12 – the slowest men's winning time since 1982 when Terry Baker bested Bill Rodgers in similar near-gale force winds. Rodgers was in this year's field, placing 3rd in the men's 55-59 division in 1:02:55. But track-trained Kenyan Isabella Ochichi ran the performance of the day in winning the women's title in 52:07 – the 4th fastest women's winning time ever. Boston Marathon prep-ping Catherine Ndereba finished a distant second in 53:00. Both women would go on to claim silver medals in the Athens Olympics, Ochichi in the 5,000-meters and Ndereba in the marathon. With the National Park Service allowing an increase in the number of finishers, the race had 8,057 people go the distance. For the first time, over 50% of the entrants were women, although more men finished (4,157 to 3,900).

2005 (April 3)

Kenyan John Korir collected his third win and established a streak of winning the event in odd-numbered years only. His other two wins came in 2001 and 2003. With the victory Korir moved into second place among male repeat winners, just one victory shy of Bill Rodgers' four consecutive titles between 1978 and 1981. Does anyone know how to say "2007?" Korir employed the same wait and kick strategy which had made him the most feared road racer competing on the U.S. roads over the last six years, passing runner up Reuben Chebii in the final 400-meters. Romanian Nuta Olaru took the opposite tack and ran away from the women's field to earn her first title in 52:01. Her time was the fastest performance since Colleen DeReuck's world record time of 51:16 in 1998. The event established a reciprocal relationship with the Himeji Castle 10 mile in Japan. Three Japanese runners from the top 10 came to participate here, while top American Michael Wardian traveled to Japan to run the Himeji race the following February. Under cold and blustery conditions a record number of 8,630 participants finished the event. Alexandria's Hedy Marque, 87, was the oldest finisher (1:57:38), and Ben Beach of Bethesda maintained his status as the only finisher in all 33 editions of the race with a 1:10:08 time.

2006 (April 2)

After the race, Event Director Phil Stewart handed out special t-shirts to the organizing committee members that said "The Year of Many Changes." The entire staging area of the race was redesigned to make it resemble a small city complete with two roadways named "Gary Dr.," after longtime logistics coordinator Gary Ceponis, who had just retired, and "Brian Blvd.," after Brian Laush, who undertook the changes. There was a big change up front as well, as the elite women started 10 minutes ahead of the men. The new for-

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mat gave far greater visibility to the women's race and produced a world record for 10 miles in an all-women's event, simply because this was the first All-Women's 10 mile event to be run under current record keeping standards. Russia's Lidiya Grigoryeva established the mark of 52:11 on a beautiful morning awash with cherry blossoms at their peak. American Turena Johnson Lane notched the American 10 Mile record in an all women's race when she finished sixth overall in 55:42. The 5K was upgraded from an untimed run to a fully-timed and scored event. The event finally cracked the 10,000-runner mark with 10,670 participants. The Credit Unions and race participants together raised over \$500,000 for Children's Miracle Network, bringing the total funds raised during the Credit Union era to over \$1.5 million. Women's champion Grigorieva warmed everyone's heart when she donated 5% of her first-place \$6,000 check to the charity.



2007 Women's Champion Teyba Erkesso

2007 (April 1)

To celebrate the 35th running of the race, the organizers invited back numerous past winners including Kathrine Switzer ('73), Carl Hatfield ('75, '76), Bill Rodgers ('78, '79, '80, '81), Greg Meyer ('83), Lisa Rainsberger ('85, '89, '90), Jon Sinclair ('87), Colleen DeReuck ('98), and John Korir ('01, '03, '05) for a picture perfect weekend with the blossoms at their peak. Times were fast under the excellent conditions and when it was over, Ethiopia joined the U.S., Kenya, and Great Britain as the only countries to sweep both the men's and women's titles in the same year, as Tadesse Tola won

the men's race in a quick 46:01, and Teyba Erkesso topped the women's division in 51:44. With the advance start for women used again, Erkesso's time established a new world record for a women's only 10 mile. John Korir failed in his bid to match Bill Rodgers' 4 wins when he finished third in 46:11. The organizers received a scare when they were told that construction on Rock Creek Parkway would start before race day and the course would be unusable. Fortunately, it was delayed until the day after the race. Washington's newly elected Mayor, Adrian Fenty, finished in a respectable time of 1:08:47. A record number of 10,748 runners finished the 10-mile, and 756 finished the 5K Run-Walk. The funds raised by the Credit Union Miracle Day Committee swelled to \$850,000.

2008 (April 6)

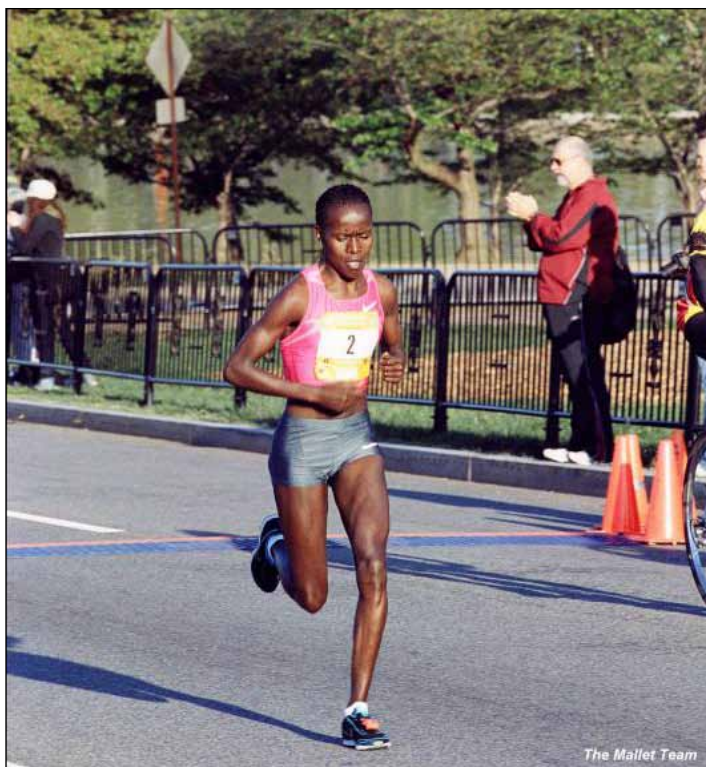
With the construction on Rock Creek Parkway underway, the organizers knew a new course needed to be developed for 2008, and they started work on it almost immediately after the 2007 event. With the cooperation of the National Park Service, the start and finish lines were moved from West Potomac Park to a spectacular new location on 15th St., with the staging area on the Washington Monument Grounds. The new site was also only ¼ mile from the Smithsonian Metro stop, which eliminated an unwieldy shuttle bus service. The new course was a big hit as it incorporated the blossoms around Hains Point in addition to those around the Tidal Basin. The race filled its expanded allotment of 12,000 finisher slots just four hours after online registration opened in Dec., 2007. This was less than 1/6th the amount of time it had taken the previous several years. Heavy rains flooded the staging area on the Monument Grounds and all the start-finish area tents, porta-potties, etc. had to be shifted to the "Folk Life Festival Grounds" on the east side of 15th St. just 48 hours before the start of the race. Race day featured intermittent rain, chilly temperatures in the 40s, and blossoms a smidge beyond peak – not bad conditions for the record number of 12,294 finishers under the newly imposed timing limit of 2 hours and 20 minutes for completing the 10 miles. Young Kenyan Lineth Chepkurui, 20, raced away from Olympic marathon silver medallists Lidia Simon ('00) and Catherine Ndereba ('04) to take the women's title in a sluggish time of 54:21. Ridouane Harroufi became the first Moroccan to capture a title as he outlegged Nichola Kamakya of Kenya by a single second in 46:14. The other big news of the day was the Credit Union Miracle Day Committee cracked the \$1 million dollar mark in funds raised for the Children's Miracle Network when it signed over a check for \$1,036,000.

2009 (April 5)

2009 was the year that all of the pillars of the event changed – the course was run in reverse in order to avoid a narrow section during the first mile on the 2008 route; the

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staging area was completely redesigned; there was a new headquarters hotel, the Grand Hyatt Washington; and there was a new expo site at the National Building Museum. The entire organizing committee was exhausted by the time race weekend rolled around. However in a show of magnanimity, Mother Nature provided one of the most perfect days ever, with brilliant sunshine, temperatures about 50-degrees rising to the mid-60s for the awards ceremony, and blossoms just a tinge past peak. However, some things remained the same, most notably the winners, as Ridouane Harroufi and Lineth Chepkurui repeated as champions, both running faster (45:56 and 53:32 respectively) than in 2008. A relatively unknown American woman, Sally Meyerhoff, raced to a new American record for a women's only race when she clocked 54:38 to finish 7th overall. For some unexplained reason the number of no-shows plummeted, resulting in a record number of 14,969 finishers, some 3,000 over the number stated on the National Park Service Permit. Due to the committee's and volunteer's extraordinary efforts to clear the streets by 10:30 a.m. for the cherry blossom tourists, the NPS did not protest. Despite a tightening economy, Credit Union Miracle Day still raised \$1 million dollars for the Children's Miracle Network.



Lineth Chepkurui en route to her third consecutive victory in 2010

2010 (April 11)

With the race a week later than its traditional first weekend in April date due to Easter, the blossoms were nearly gone but a glorious spring day was enjoyed by all 15,600 finishers.

The action at the front of the men's pack was never tighter with a photo finish that had to be decided by the finish line judges (and then was protested by the runner-up who felt he had been impeded in the final sprint). In the end Stephen Tum of Kenya was declared the winner over Lelisa Desisa of Ethiopia (Desisa later dropped the protest). Almost lost in the drama was that Tum was a scant 5 seconds off Ismael Kirui's event record set back in 1995, with a finishing time of 45:43. The women's race was a run-away and a three-peat by Kenya's Lineth Chepkurui, who has gotten faster every year. Her time of 51:51 eclipsed Julliah Tinega of Kenya by 48 seconds. Chepkurui's third consecutive win tied her with Julie Shea, who won three in a row between 1975 and 1977. The sponsoring Credit Unions raised \$923,000 for Children's Miracle Network. The event also hired an environmental consultant to look for ways to reduce its environmental footprint. The plan was to have the event certified as "Green" by the Council for Responsible Sport in 2011. Deputy Race Director Irv Newman relinquished his role and the event hired longtime volunteer Becky Lambros as the second salaried staff member.

2011 (April 3)

Ethiopian Lelisa Desisa was not a happy man after losing the 2010 race in a photo finish. After initially protesting the judge's call, he backed down. A year later, he ran like a man with something to prove as he broke Ismael Kirui's 1995 event record by two seconds, clocking 45:36. His five-second margin over Kenyan Allan Kiprono seemed vast in comparison with his 2010 loss. Desisa's interpreter said, "He wanted to make sure it didn't come down to the finish again this year." Three-time winner Lineth Chepkurui was unable to return for her attempt at matching Bill Rodgers' four consecutive wins, paving the way for Julliah Tinega, who, like Desisa, was runner up in 2010. Tinega powered her way home in 54:02, a single second up on fellow Kenyan Risper Gesabwa. The event earned a "Silver Level" designation by the Council for Responsible sport as environmentally-friendly. The 2011 race marked the 10th year of sponsorship by Credit Union Miracle Day. With an additional \$578,000 raised for the Children's Miracle Network, the total amount of funds raised during the Credit Union era eclipsed the \$5 million dollar mark. Just a year before the 40th running, the event logged its 200,000th all-time finisher, Adrianna Swinson of Centreville, VA. After the race, the organizers unveiled an all-time searchable database listing every finisher since 1973.

2012 (April 1)

The Gala 40th Running of the race featured some dazzling solo front-running by Kenyan Allan Kiprono, who, like Lelisa Desisa in 2011, was out to avenge a runner-up finish at the previous year's race. After teammate Lani Kiplagat suggested pushing the pace around the three-mile mark, Kip-

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rono followed the advice and surged into a lead which only grew larger with each additional stride. By the finish line, he had amassed a 1:13 lead over Kiplagat and reduced the 2011 event record by a stunning 21 seconds with a time of 45:15. On the women's side Jelliah Tinega repeated as champion by matching her 2011 winning time of 54:02, 22 seconds up on Ethiopian Malika Mejdoub. The anniversary run attracted some special VIPs, including Greg Meyer, who still owns the fastest time by an American, 46:13, for the event; Colleen DeReuck, who owns the current women's event mark of 51:16; and Gar Williams, one of the race founders in 1973 and former DC Road Runners and Road Runners Club of America President. The race also feted 39-year-old Gerri Baer of Rockville, who was born on April 1, 1973, the date of the first race. Bethesda's Ben Beach finished the race for the 40th consecutive time, the only runner with perfect attendance. The Children's Miracle Network fundraising juggernaut continued with an additional \$515,000 raised by the sponsoring Credit Unions and runners.

2013 (April 7)

USATF's USA Women's National Championship 10 Mile Presented by America's Credit Unions made its first appearance at the race. An extra prize purse of \$14,400 for American women (added to the existing \$42,000 in open prize money) produced a deep elite field featuring strong American talent on the women's side. With U.S. 2012 Olympic Janet Bawcom in the field, hopes ran high of having the first U.S. female overall champion since Joan Nesbit in 1996. Bawcom hung with the lead pack for about 2/3rds of the race but succumbed to the relentless pressure of Kenyan Caroline Rotich, who powered to a 52:46 victory. Bawcom placed 4th in 53:28 but still bested the late Sally Meyerhoff's single sex American record by 70 seconds. Brianne Nelson (7th in 54:01) and Sarah Crouch (9th in 54:15) also bettered the old mark. Alan Kiprono, who ran away from the field and broke the event record in 2012, returned as the favorite in the men's division. However, fellow Kenyan Daniel Salel would not shake loose as the twosome traded surges over the closing miles. Cresting the incline at 15th and Independence, Kiprono appeared to have victory in hand. However one final burst right at the finish tape brought Salel across the line first, according to the judges who viewed the near photo finish. Salel clocked 46:06, with Kiprono posting 46:07. There were some heads turned in the 5K Run-Walk when 12-year-old Nathan Davis of Frederick, MD was the overall winner in 17:22. A cool spring kept the cherry blossoms just short of their peak on a near perfect day for running with temperatures in the 50s. The sponsoring Credit Union Miracle Day added another \$483,000 in donations to Children's Miracle Network, bringing the total funds raised since becoming the title sponsor of the race to over \$6 million dollars. Just over 17,500 runners finished the race.

2014 (April 6)

With a positive reaction to hosting the USA Women's National Championship in 2013, the organizers bid on and received both the USA Men's and Women's National 10 Mile championships from USA Track and Field. The added infusion of top American runners raised the possibility that the event could see its first American champions since Chris Fox won the men's race in 1990 and Joan Nesbit won the women's race in 1996. However, it was not to be. On the men's side Kenyans Stephen Sambu and Daniel Salel finished 1-2 with the 2nd and 3rd fastest men's times ever recorded for the event (both were timed in 45:29 with Sambu given the win). Christo Landry finished sixth in 46:41, the fourth fastest American time for the event behind Greg Meyer, Thom Hunt and Bill Reifsnyder and less than 30 seconds off Meyer's 1983 American 10 Mile record (still standing) of 46:13. Meyer had returned to hold the finish tape in hopes of seeing his mark bettered after more than 30 years. On the women's side, American Janet Bawcom gave serious chase to Ethiopian Mamitu Daska but fell seven seconds short of Daska at the end as the Ethiopian claimed the title 52:05 to Bawcom's 52:12. Bawcom's consolation was the single-sex American 10 mile record, bettering the mark she had set a year earlier by 1:16. Nathan Davis, now 13-years-old, repeated as 5K champion in 17:58. A long and cold winter meant the cherry blossoms were just shy of blooming for the second straight year. The credit unions, in the 13th year of their sponsorship, donated another \$487,000 to Children's Miracle Network.



2013 and 2014 USA 10 Mile Women's Champion Janet Bawcom

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2015 (April 12)

For the first time in its history, the Credit Union Cherry Blossom was not a 10 mile. Due to an accident on the course just 90 minutes before race time, organizers had to scramble to come up with an alternate route because of the accident investigation. The results showed some eye-popping times for anyone who did not read the explanation that the course was 9.39 miles long after the re-routing. Any disappointment over the shortened course was more than counterbalanced by the most spectacular display of blossoms at their absolute peak on a windless, gorgeous morning. Stephen Sambu notched his second title in a row, this time with a more comfortable 9-second margin instead of his eyelash win in 2014. He clocked 43:20. American Jake Riley finished in second place eight seconds later, the highest men's finishing place by an American since Bill Reifsnnyder was the runner-up in 1991. Daniel Salel, who was on the short end of the eyelash in 2014, ended up in third. Training partners Mary Wacera and Cynthia Limo separated themselves from the rest of the women's field by the eight-mile mark and ran together toward the finish line. Wacera edged ahead by a few yards for the win - both received the identical time of 48:35. The top American woman was Serena Burla in sixth place with a time of 50:18. Ben Beach kept his perfect attendance intact as the only runner to have run all 43 editions of the race with a 1:27:59 finish. Dixon Hemphill, 90, finished the 5K and said, "I gave this race my all." He clocked 47:01, two minutes faster than his 2014 time. Longtime Deputy Race Director Irv Newman received the first Les Kinion Outstanding Service Award, named for long time race volunteer Les Kinion who died in the summer of 2014.



2015 Men's winner, Stephen Sambu, and runner-up, Jake Riley, share a laugh during the awards ceremony.

2016 (April 3)

The 2016 race hardly felt like "The Runner's Rite of Spring," as wind gusts clocked as high as 47 miles per hour howled across the Washington Monument Grounds during the pre-dawn set up hours, prompting the organizers to dismantle anything that could become a projectile, including tents and signs. The decision to allow the race to take place at all wasn't made until 5:00 a.m. on race morning and wind gusts between 30 and 40 miles an hour greeted the over 16,000 runners who showed up. The \$10,000 bonus offered to the first U.S. male or female to break the American record (split if both records fell) was safe on this day. The elite mens race was won by Sam Chelanga, the first U.S. male to win the race since Chris Fox took the title in 1990. Chelanga, a naturalized U.S. citizen born in Kenya, prevailed by a single second over Silas Kipruto of Kenya with a wind-impeded time of 48:26. A second American, Martin Hehir, finished third in 48:29. Due to the winds, the women's advance start was mercifully abandoned. Kenyan Veronica Nyaruai Wanjiru of Kenya won in 53:12 and said, "Because of the wind, I didn't look at the time." She prevailed by eight-seconds over Ethiopian Buze Diriba. Two American women with local connections placed in the top six — Maegan Krifchin of Silver Spring, MD was third in 55:01 and Serena Burla of Stafford, VA was sixth in 55:58. The most recognizable runner of the weekend was 2004 Olympic silver medalist, 2009 New York City Marathon winner and 2014 Boston Marathon winner Meb Keflezighi who opted to pace runners hoping to break 1:00:00 just six weeks after placing second in the 2016 U.S. Olympic Marathon trials. Despite the conditions, 16,228 finished the 10 mile and 1,932 completed the 5K. Children's Miracle Network received a check for \$505,000 bringing the credit union era contributions to \$7.5 million dollars. It seemed fitting that Logistics Coordinator George Tarrico who supervised the construction and the quick dismantling of the Washington Monument Grounds due to the winds was awarded the second Les Kinion Outstanding Service Award.



2016 Men's winner, Sam Chelanga was the first American male winner since 1990.

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2017 (April 2)

The organizing committee approached the 2017 race, which marked the 45th running of the event, with the modest goals of no wind and running a full 10 miles after the two difficult years in 2015 and 2016. These expectations were exceeded handily with a close to perfect day for running and cherry blossoms, which had been forecast to bloom two weeks before the event, in the final stages of peak bloom. After Sam Chelanga broke a 27-year drought for an American male winner, Stanley Kebenei made it two in a row for the Red, White and Blue with a surge after nine miles which brought him across the line in 46:35, good for a three-second win over Kenyan James Kibet. Ethiopian Hiwot Gebrekidan, only 21-years old, had an easier time winning the women's competition over country woman Buze Diriba 53:37 to 53:52. The 45th running celebration brought a host of past luminaries to town and two of them showed their longevity with excellent finishes in their age groups. Kathrine Switzer, the first woman's winner in 1973, captured the women's 70-74 division in 1:30:31 and four-time winner Bill Rodgers clocked 1:19:15 to place 7th in the men's 65-69 division. Of course Ben Beach kept his streak going as the only runner to have finished all 45 editions with a time 1:34:18. Beach completed his 50th Boston Marathon in a row just over two weeks later. Joan Samuelson, the 1984 Olympic gold medalist in the inaugural women's marathon, showed her excellence remains some 33 years after her win in Los Angeles by setting an American women's 55-59 age group mark of 1:03:55. In keeping with the five-year anniversary tradition of offering (I would have won this race in 1973) mugs to all runners who ran faster than Sam Bair's and Switzer's winning times of 51:12 and 1:11:19, the organizers handed out mugs to 36 men and 218 women. After years of being held on the Washington Monument Grounds at the conclusion of the 10 mile, the Kids Run was moved to Saturday and held in conjunction with the Health and Fitness Expo. The change was well received. Longtime Volunteer Coordinator Michelle Carter won the third Les Kinion award for outstanding service to the event.

2018 (April 7)

Dubbed "Our Championship Year," the 2018 race hosted both the PRRO Circuit Championship and the RRCA National 10 Mile Championship held in conjunction with the RRCA's 60th Annual Convention held in Washington, DC. The PRRO Championship which rotates among the PRRO Circuit races, was being held at the race for the first time. Winners of the other PRRO Circuit Events can earn the \$10,000 PRRO "Super Bonus" by winning the Championship as well. Ethiopian Buze Diriba did exactly that and pocketed \$18,000 for winning – \$10,000 from PRRO and \$8,000 from the Credit Union Cherry Blossom with a time of 53:45. On the men's side Ethiopian Jemal Yimer picked up \$2,500 in PRRO cash since he had not won another

PRRO race to augment his \$8,000 first place prize in 46:17. Both runners won the RRCA National Championship titles as well. A chilly morning awash in blossoms greeted some 17,000 starters in the 10 mile and 2,000 in the 5K Run-Walk, but for the first since 1992 the runners did not cross Memorial Bridge which was closed for construction. Continuing its commitment to helping young Americans just out of college, the race teamed up with the RRCA to offer a special \$1,200 purse to the top RRCA Roads Scholar grant recipient and RRCA RunPro Camp alumni. Abbabiya Simbassa (RunPro) and Emma Bates (Roads Scholar) earned these awards. And yes, Ben Beach finished again for the 46th consecutive year.



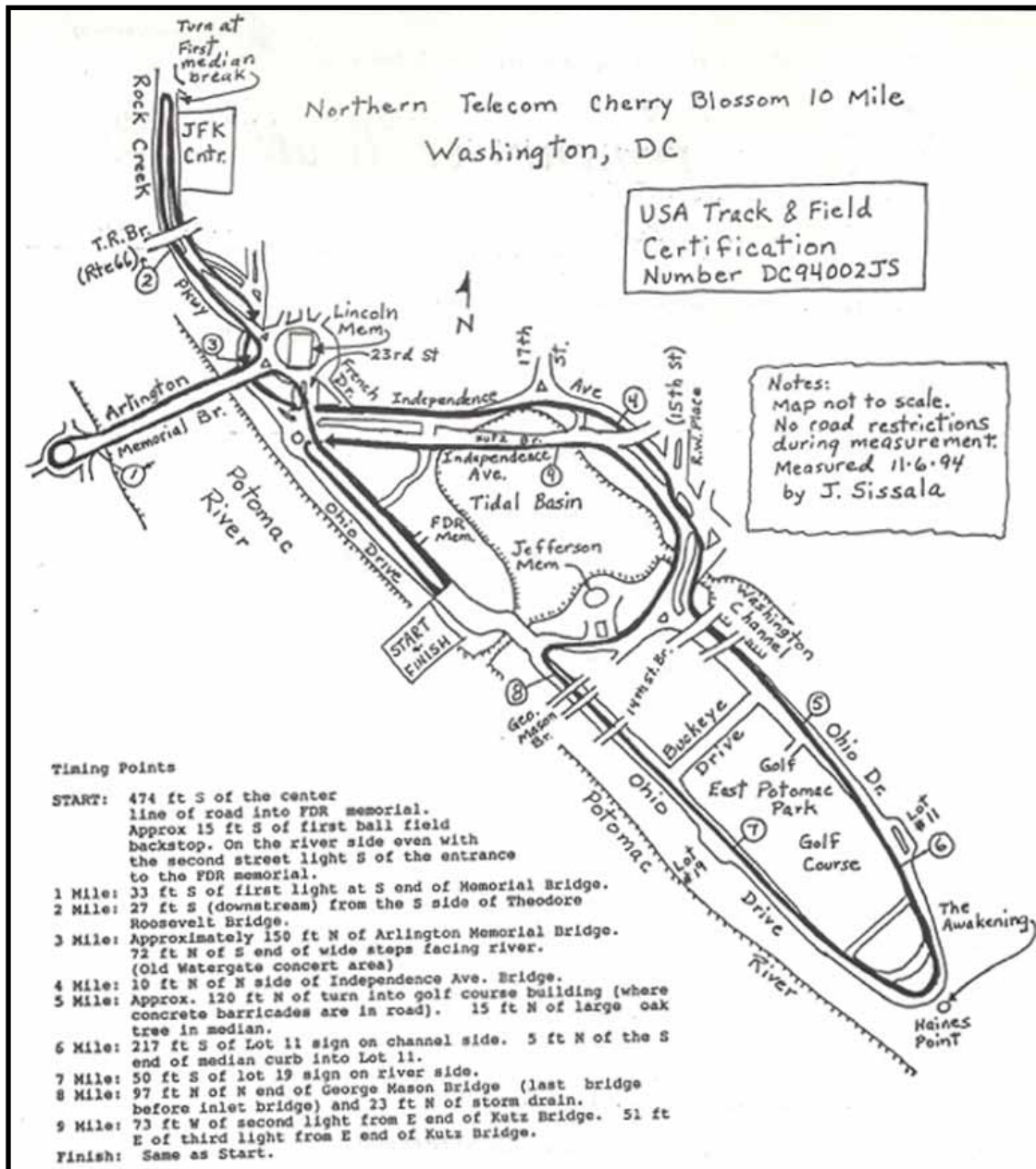
Evolution of the 10 Mile Course

In 1970s the event started and finished near the golf course in East Potomac Park and ran clockwise around Hains Point before crossing over the Inlet Bridge and looping the Tidal Basin twice, running clockwise. Runners then returned back around Hains Point to the finish line at the same location as the start. The growing field soon made the out-and-back portions on Hains Point as well as the two loops around the Tidal Basin too tight, so the course was moved onto Ohio Dr. in West Potomac Park.

Frequent construction during the 1980s and 1990s meant the course was frequently modified, but the start and finish remained in West Potomac Park.

The first crossing of Memorial Bridge took place in 1993 and in 1998 the course included an out-and-back section up into Rock Creek Parkway. The staging area made the dramatic move out of West Potomac Park onto the Washington Monument Grounds in 1998, setting up a string of years with the same course through the 2017 event.

The long-needed rehabilitation of Memorial Bridge began to be a regular topic of discussion by 2014, which prompted officials to certify a new course—which will be used in 2019—for the non-Memorial Bridge version with the staging area remaining on the Washington Monument Grounds. The rehabbing of the bridge is expected to take two years at which time we hope to be back on the bridge.



1994 Course Map

Event Participant Statistics

In 2017, the 4417th finisher in the 10-mile race became the 300,000th 10-mile finisher overall.

	Event	Women	Men	Total
2018	10M	9868	6791	16659
2018	5K	1801	728	2529
2017	10M	10446	6996	17442
2017	5K	1821	698	2519
2016	10M	9908	6378	16,279
2016	5K	1393	539	1932
2015	10M	11042	6839	17881
2015	5K	1673	629	2302
2014	10M	10600	7277	17871
2014	5K	1545	598	2142
2013	10M	10323	7215	17538
2013	5K	1457	547	2004
2012	10M	9729	7195	16938
2012	5K	1328	520	1849
2011	10M	9030	7009	16046
2011	5K	1272	459	1731
2010	10M	8853	6910	15763
2010	5K	1247	449	1696
2009	10M	8323	6652	14975
2009	5K	1057	412	1469
2008	10M	6395	5904	12299
2008	5K	683	242	925
2007	10M	5529	5217	10749
2007	5K	471	154	625
2006	10M	5435	5236	10669
2006	5K	473	173	646
2005	10M	4333	4323	8655
2004	10M	3900	4157	8026
2003	10M	3526	3923	7449
2002	10M	3333	3723	7056
2001	10M	2972	3559	6530
2000	10M	2166	3016	5182

	Event	Women	Men	Total
1999	10M	2358	3190	5548
1998	10M	2462	3750	6212
1997	10M	2149	3513	5662
1996	10M	1825	3412	5237
1995	10M	1744	3463	5207
1994	10M	1428	3105	4533
1993	10M	967	2445	3412
1992	10M	767	2100	2867
1991	10M	886	2441	3327
1990	10M	869	2557	3427
1989	10M	737	2465	3199
1988	10M	769	2620	3387
1987	10M	691	2366	3057
1986	10M	678	2513	3192
1985	10M	634	2386	3021
1984	10M	600	2573	3173
1983	10M	542	2424	2965
1982	10M	533	2657	3190
1981	10M	591	2756	3347
1980	10M	431	2459	2891
1979	10M	494	2529	2982
1978	10M	297	1967	2261
1977	10M	143	1465	1608
1976	10M	93	849	942
1975	10M	46	518	564
1974	10M	27	314	341
1973	10M	12	115	127



Environmental & Social Sustainability

The Credit Union Cherry Blossom has a long history of reducing its environmental footprint and expanding its positive social impacts.

Race organizers first identified Children’s National Medical Center as the race’s charitable beneficiary in the mid-1990s, and the focus on raising money for Children’s Miracle Network Hospitals continues to this day. They also work with under-represented groups and non-profit organizations, such as Teens Run DC (<http://www.teen-sruncd.org/>), to reduce barriers to participation in the event.

Since 2011, race organizers have been working with the Council For Responsible Sport (<http://www.council-forresponsiblesport.org>) to quantify the results of their environmental and social efforts through the Council’s certification program. Following three consecutive biennial certifications by the group—Silver in 2011 and 2013, Gold in 2015—in 2017, the Credit Union Cherry Blossom Run was invited to participate in a new program called *Inspire*. The Council’s Inspire events represent the pinnacle of achievement and stand as an example and inspiration to others.

Inspire event status is awarded by invitation to events that have achieved multiple certifications from the Council, with the intention of recognizing the legacy that sporting events committed to sustainability and thoughtful resource management provide to their audiences and communities. Inspire certified events are required to provide important sustainability metrics and are expected to share their story with fellow event organizers. Inspire event organizers are also asked to mentor other Council-affiliated events on aspects of their responsible sport program.

Sustainability highlights from the 2015 Credit Union Cherry Blossom Run can be found here: (http://cherryblossom.org/images/2016/2015_Sustainability_Report_web.pdf).



Social Media Race Ambassadors

The Credit Union Cherry Blossom Social Media team is responsible for keeping the event's runners, volunteers, sponsors and supporters informed and engaged throughout the year on Facebook, Twitter and Instagram as well as leading the social media fundraising team. The team of four consists of **Heather Mundwiler**, **Kim Westrich**, **Sarah Beth Hensley House** and **Elizabeth Pagel-Hogan**. This year, we hosted a Twitter Takeover with MedStar Sports Medicine where runners' burning medical questions were answered over a lunch hour. Our Instagram followers have grown nearly 60% from 2018, from 1,164 in January 2018 to 1,833 in January 2019 - we are now over 2,000 followers! Facebook remains our go-to social media platform with a majority of our followers.

The race ambassador program is an opportunity for everyday runners to join the team. These goodwill ambassadors receive a race entry as well as gear from sponsors like Under Armour and Garmin, they participate in training programs from Potomac River Running and Under Armour, and more, in exchange for the ambassadors sharing their experiences on their social media platforms from Facebook to Instagram to Snapchat. New this year, our ambassadors have taken over our Instagram stories over the weekends to give our followers a glimpse into their #CUCB2019 training. We're excited to have **Ryan Arey**, **Rachel Capone**, **Mayra Figueroa** and **Tarrance Thrash** as our 2019 Race Ambassadors.

